

LAMBDA

Laurentian University's Bilingual Student Newspaper
Le journal étudiant bilingue de l'Université Laurentienne
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The Exorcist

...Page 10

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...to die, to sleep.
To sleep, perchance
to dream. Ay,
that's the rub; for
in that sleep of
death what
dreams may come
when we have
shuffled off this
mortal coil, must
give us pause.
- William Shakespeare, "Hamlet"

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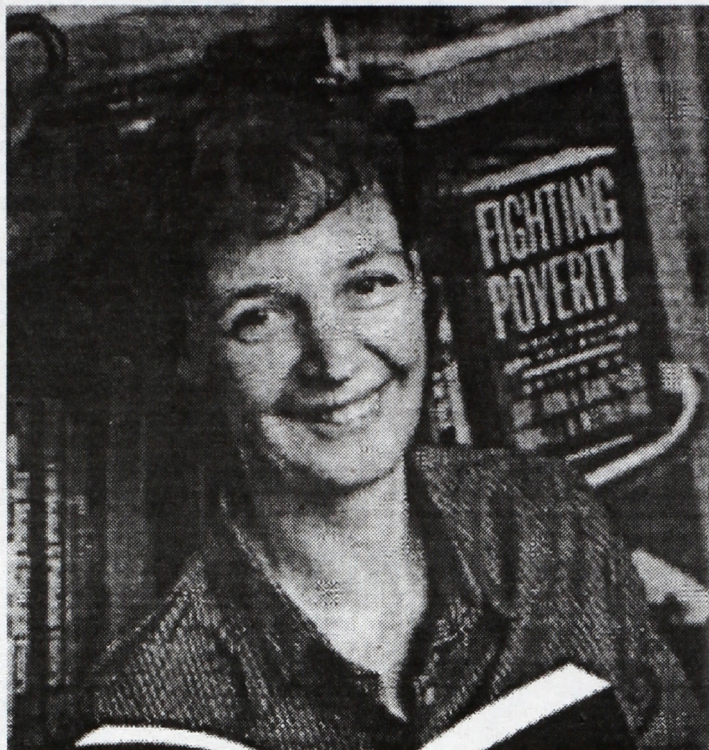
SPIDER-WALKING IN OUR DREAMS SINCE 1961

Margaret Little speaks at Laurentian

by Kristin Grant-Smith
contributor

Margaret Little, author of "*No Car, No Radio, No Liquor Permit: The Moral Regulation of Single Mothers in Ontario 1920-1997*," gave very informative lectures at Laurentian. She is in Sudbury to participate in the World Women's March 2000 against violence and poverty. Little is a Women's Studies professor at Queen's University, and a anti-poverty activist, and is involved in the Ontario Coalition Against Poverty.

On Tuesday, October 3, I had the privilege of hearing her speak to Professor Kinsman's Gender and Sex Roles class. Her lecture's main focus was on the main theme of her novel, which is available in the Laurentian University Bookstore. Her theme is moral regulation. Little's campaign began after she finished journalism school where she questioned why women and other minorities make lower wages than the male population. The papers she worked for were not interested in this story, it wasn't news and they wanted her to write other things. So, Little eventually returned to school in the mid 1980's. While in school, she volunteered at a shelter for women where most of



them were single mothers on welfare whose partners were in the prison. While working there, she asked the women to go for coffee, but was surprised at their fear. They were afraid that they would be seen and someone would report them for

spending their money unwisely and they would be kicked off welfare.

Little found this very restrictive and she began researching; she looked back in old welfare cases from the past and she found similar instances. She also interviewed single

mothers on welfare. The welfare agencies looked at many aspects of the women's life: if they go to church, if they swear, the type of clothing that they wear, and cleaning habits. These types of questions are very intrusive compared to the line of questioning that is involved in applying for other financial assistance, questions such as what is your income and do you have any inheritance. Little found this line of questioning "disturbing" and it bothered her that they were based on morality when other financial matters doesn't require this.

The concept of moral regulation is based on the stereotype of the poor which is reflected in the morality-based requirements for the single woman to apply for welfare. The stereotypes are that the poor are morally weak, and the powers-that-be feel that they have to teach them, to behave, eat, and act properly, cleanliness, to make sure that they don't drink, how to take care of their children, and how to be humble. Ungrateful women were kicked off welfare. Even today, Little says that even at the Salvation Army you have to seem grateful although you are buying clothes with your own

money, and that you must show gratefulness, at the food bank. If you are on welfare, you are seen as undeserving and must prove that you are and be grateful for every scrape you get.

Another thing stressed by the welfare system was that single women were not allowed to socialize, because it would lead to sex. Women were expected to devote their time to their children. To prove that these mothers were not involved spousal relationship, they would have to answer surveys with questions such as, 'do you wash dishes together?', 'do you take care of each other when you are sick?', 'do you do each other's laundry?', etc, and yet there are no question regarding sex. These questions determined whether they were in a spousal relationship. Although these are things that family members do for one another, it is not an accurate questionnaire. Little's research in the field of single mothers on welfare is very shocking because we see the appalling reality of the treatment of women.

Margaret Little's informative lecture was an eye-opening experience that we were lucky to have the opportunity to hear her speak.

Artificial Tanning: Shedding Light on the Truth

Sudbury District Health Unit

Tanning salons are proliferating in Ontario, particularly in Urban areas. The region of Sudbury has fast become a major centre for these salons. Many people use artificial tanning as an alternative to natural tanning, not knowing that there is widespread misinformation about the health aspects. Many people believe that artificial tanning methods are safer than the sun, however, it has been proven that getting a tan indoors can damage a person's skin permanently. A tan is the skin's response to an overdose of UV radiation. The darkening of the skin is a true sign that injury to the skin has occurred.

Tanning devices are most commonly used by adults between the ages of 18-24, with women being the most frequent users. To get the local perspective on tanning bed use, intercept interviews were conducted. Ninety-nine students from Cambrian College and Laurentian University were interviewed on March 14th and 15th of this year to determine their tanning-bed habits, attitudes, and their beliefs when it comes to artificial tanning.

The survey was completed by 76 females whose ages ranged from 19-52, and 23 males aged 19-40. All the students were asked several questions regarding their tanning bed practices. In the survey, more women reported tanning artificially than men. 34% of females responded that they did, while 63% said that they did not tan. 3% of the females admitted that they used to tan artificially, but now

do not. Of males, 17% admitted to artificial tanning while 83% said they did not. The main reason for the use of tanning beds by the students surveyed was for cosmetic appearance. Most felt their skin was "too white", "sickly looking" or "too pale".

It was clear from the survey that a number of respondents, who do tan or have tanned in this survey, were aware of the risks for skin cancer (84%). It was also interesting to note that 5% of the population questioned indicated that they used tanning beds because of seasonal affective disorder. This point shows the need for much more research in this field.

The Joint Committee on Exposure to Ultraviolet Rays and Artificial Tanning (Quebec) concluded that "there are no health benefits, only risks, with artificial tanning, particularly because of the clearly established mutagenic and carcinogenic properties of UVA and UVB rays."

According to the Canadian Dermatology Association, the UV radiation emitted from tanning beds is absorbed deep into the skin's layers. Tanning beds can emit up to two to three times more UVA radiation than natural sunlight. Damage from UVA radiation often cannot be felt or seen and accumulates over time. All skin types can be damaged, but the fairer the skin, the higher the risk.

The Canadian Cancer Society and the Canadian Dermatology Association both state that indoor tanning should be avoided due to health risks. UVA radiation has been linked

to damage to the eye's cornea and can also cause cataracts. Skin damage can also occur causing the skin to sag, wrinkle, and prematurely age. According to the Canadian Cancer Soci-

ety, UVA radiation can cause skin cancer. As UVA radiation exposure increases, it shortens the time necessary to develop malignant melanoma skin cancer. This cancer grows rap-

idly and spreads quickly throughout the body and can be fatal.

Below is a cross-section of survey questions and answers from the survey mentioned above:

Do You Use Tanning Beds?

- 5 females stated sometimes or rarely
- 3 females stated they tanned 1-3 times a week, year-round
- 19 females stated they tanned 2-3 times a week (during the spring or going south)
- 2 males stated they tanned 2 times a week

What is the Average Length of Time per Session

- (26 respondents answered this question)
- 23% stated 5-10 minutes sessions
- 23% stated 11-15 minute sessions
- 50% stated 16-20 minute sessions
- 4% stated more than 21 minute sessions

Do You Think Artificial Tanning is Safer than Sun Tanning?

- 20% stated "yes"
- 2% stated "neither one is good"
- 71% stated "no"
- 7% stated unsure

Are you aware of any health risks related to tanning?

- Cancer - 85%

I don't know - 7%

- Eye problems/cataracts - 12%
- Wrinkles and aging - 19%
- Too Much Radiation - 1%
- Sunburn/burning - 13%
- Good for Seasonal Affective Disorder - 5%
- Brown Spots on skin - 5%
- Affects Immune System - 1%

If you knew that tanning was one of the risk factors for skin cancer and cataracts, would you still tan?

- 58% - no
- 39% - yes
- 2% - no response
- 1% - unsure

When asked why they continue to tan responses were...

- appreciate the look of a tan
- love the heat
- good for seasonal affective disorder
- doctor told me to tan for my allergies
- hides cellulite
- everything causes cancer and I'm going to die anyway.

This survey was completed with a small sample, but it is interesting to note that beliefs, attitudes, and behaviors were very similar to those in the literature. The results of this survey indicate a need for further research and health promotion activities directed at a change in social attitudes, beliefs and behaviors.

The above article was submitted by Laurie Fraser and Shelley Westhaver, Public Health Nurses at the Sudbury & District Health Unit. The interviews were completed by LU Nursing student Barb Marych.

A Small Corporate City: The Earth

by Dylan Callens
contributor

On Tuesday September 26, a small group of protesters appeared to participate in a march against the International Monetary Fund and the World Bank. Considering this article is approximately a week-and-a-half later, why write on it? It's done and over, right?

Let's imagine that we live in a small town, say 2000 people. In this town, 1250 are on the direct payroll of the main manufacturer. The company owns the land, the house that you live in, and when the municipality is formed, they own the municipal government. The municipal government, in fact, is formed so they can hand-pick who sits on critical corner's inquest juries. This way there is never an unfavourable decision. The police force in this municipality works for the main manufacturer, doubling as company security.

Recognizing that, in such a state, labour conditions are poor, one brave soul tries to start a union. Immediately, she loses her job. The company owns the house and takes it away from her and her family, along with the job. The police may even harass the family until they leave the town, if the company desires. Who else is going to argue? Certainly not the other 1249 employees of this company.

While the example may sound extreme, this is actually Copper Cliff in 1901. Women were not employed by the Canadian Copper Company during this time, but in 2000 at least corporations have come this far.

So, why write on a protest that happened a week-and-a-half ago? I, for one, don't like the sound of living in a "company town". At its extreme, that seems to be what the IMF and the World Bank strive for, or at least represent. Privatized education and health-care also come into the mix.

Dr. David Leadbetter, professor of economics commented, "The actions of the [WTO]... lead to the death and malnutrition of children in third world countries. These policies have direct effects on future generations... In my view, most of the policies enunciated by the World Bank, International Monetary Fund and the World Trade Organization are those which are promoted and in the interest of the large multinational corporations. This is essentially a corporate-driven policy offensive. It has been going on since the late 1970s and has been gathering steam and at some point, the mass of the population being effected by this will resist it."

Sarah Dean, VP Student Issues brings it closer to home: The problem in Canada is that even though we have the good fortune of living in one of the richest countries of the world, we have the good fortune of living under a multi-billion dollar surplus right now, our governments are enacting these policies anyway. In Ontario, private education is going to become a reality. The doors have already been opened. In Alberta, health care is for sale. We need to band together constantly, not just one day, to stop organizations like the IMF and the World Bank from putting

our services up for sale, our lives up for sale."

Dr. Gary Kinsman, professor of sociology adds an important statistic: "19,000 people a day die as a result of how funding in many third world countries has to be diverted to paying off the interest on their debts. That's 19,000 people a day. And the IMF, the World Bank and Canadian Government actually continue to perpetuate these kinds of relationships. The third-world debt needs to be completely abolished."

We can easily see the resurgence of the "company town" model in third world countries where death for the company is a reality. When the corporations step into third-world nations, they know that they possess serious power and can control the population through the government, thus controlling the government itself. In Canada, we see the social structure on which we pride ourselves collapse and become fair game for privatization.

So the answer to why I would write on something that happened on September 26 is in Sarah Dean's statement, "We need to band together constantly, not just one day..." While the Coalition for Social Justice works hard at putting these rallies together, there needs to be more discussion and awareness about the IMF and World Bank. Sudburians and our MP, Diane Marleau, can deliver a strong message on behalf of Sudbury, if we show a continued effort.

Canadian Virtual University Launched Friday With LU As Major Partner

When Canadian Virtual University-Université Canadienne (CVU-UVC) opened its doors on September 29, its students will point-and-click to get to campus, enroll in program, register for courses, and access services.

CVU-UVC is an innovative partnership between Laurentian University and six other chartered Canadian Universities. They have aligned their resources and considerable online and distance-education expertise to offer Canadians more options when choosing what, where, when, and how to complete a recognized university degree, certificate, or diploma through distance education and the Internet.

Partners, Athabasca University, BC Open University, Brandon University, Laurentian University, Royal Roads University, The University of Manitoba, and University of Victoria will offer students a choice of 1,500 university courses, including 160 on-line courses, that can be combined to complete 100 recognized university credentials without ever stepping into a classroom.

Last year, these same universities received over 100,000 distance education course registrations. Some 6,000 courses were for Laurentian University.

"The number of people attracted by the flexibility of on-line learning and university programs and courses that meet their career needs

continues to soar," says CVU-UVC president Dr. Dominique Abrioux. "CVU-UVC grew out of a desire by the member institutions to provide even greater flexibility and more choice in a way that offers economies of scale to students, taxpayers, and governments."

At www.cvu-uvc.ca, all Canadians can access university programs, courses, and a wide range of support services. They can register on-line and arrange to transfer credits from one member university to another easily and without hassle and extra cost. There are no CVU-UVC fees; students pay the normal fees set by each university. Residency requirements are minimized, allowing adults who would like to earn a degree to do so while maintaining work and family commitments.

CVU-UVC does not grant degrees itself. Each student enrolls in a degree or certificate program from one of the member universities - which becomes the "home institution" - and registers for appropriate courses offered by member universities. Upon program completion, the home institution grants the credential.

In the near future, the member universities plan to jointly develop new programs that meet new needs. This will reduce the costs of development and allow member universities to focus on areas of expertise and rely on other members to provide com-

plementary programs.

Provincial and federal governments have assisted CVU-UVC in getting off the ground. Alberta Learning has provided funding to set up the administrative office, and Industry Canada has supported the development of the website, which opens to students September 29.

"Distance education operates internationally in a deregulated marketplace where unknown entities compete with established universities," says Dr. Jean Watters, president of Laurentian University and member of the CVU-UVC board. "CVU-UVC was created to offer Canadians a quality-guaranteed education that results in a recognized credential from a recognized university."

The number of programs and courses offered will grow as more Canadian universities join CVU-UVC, and as new programs are jointly developed by member universities to meet changing needs of the Canadian marketplace. Other Canadian universities who are committed to CVU-UVC's core principles are eligible to become partners by adding at least one complementary program that will be delivered through distance education.

CVU-UVC welcomes anyone 18 years of age or older, regardless of location, and is open to learners in Canada and around the world.

Pierre Elliot Trudeau

by Brent Wilcox
contributor

It was a cold October morning in 1970 when Pierre Elliott Trudeau stood outside the Parliament Buildings in Ottawa to answer a reporter's question about how far the scrappy new Prime Minister was willing to go to contain the most serious crisis in Canada's history. The answer that Trudeau gave would immortalize him in the minds of millions of Canadians for generations to come. "Well, just watch me."

On Thursday, September 28, Pierre Trudeau died at his home in Montreal, Quebec. He was 80. While Trudeau's defiant stance against the radical separatist group the FLQ (Front de Liberation de Quebec) and subsequent implementation of the War Measures Act was seen as controversial by civil rights advocates both inside and outside of Quebec, it was a testament to the iron will which he displayed throughout his political career and personal life. Love him or hate him, no Prime Minister in recent history has made as much of an impact on Canada as a nation as Pierre Trudeau. As Don Boudria, Liberal Government House Leader, said in a recent CBC Newsworld interview, "He was probably the closest this country has come to having a philosopher king. He was...what can you say. He was Pierre Elliot Trudeau."

With an intellect unparalleled among most Canadian politicians and an almost electric charisma Trudeau galvanized the entire nation at the height of his fame during the federal election of 1968. Trudeaumania, as his almost God like status was dubbed, would last well beyond his departure from political life. This was the man who dared to take on the sovereigntist movement in Quebec, questioned Canada's second class attitude toward Aboriginal peoples, and sarcastically asked Westerners,

Why should I sell your wheat?" in response to a hostile group of farmers complaining of unfair treatment by the Canadian Wheat Board. Trudeau believed that Canadians could overcome their internal divisions of language, ethnicity and regionalism by building bridges of tolerance and respect. His greatest achievement, the patriation of the Constitution Act of 1982 and subsequent Charter of Rights and Freedoms is a testament to his vision of an equal but diverse Canada. Scholars have said that Trudeau was everything that Canadians wanted in a leader because he was everything we want ourselves to be as individuals. Intelligent, spontaneous, adventurous, and dominant. Although he was not without his critics, he will be remembered by many for his enormous contribution to Canadian Politics both at home and around the world.

Tired of the same old, same old...

Kraft Dinner, rice, beans, pizza, Kraft
Dinner, rice, beans, pizza, Kraft
Dinner, rice, beans, pizza,
Kraft Dinner, rice, beans,
pizza, Kraft Dinner, rice,
beans, pizza, Kraft
Dinner, rice,
beans, pizza,
Kraft Dinner, rice,
beans, pizza, Kraft
Dinner, rice, beans,
pizza, Kraft Dinner,
rice, beans, pizza,
Kraft Dinner, rice, beans,
pizza, Kraft Dinner, rice . . .



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News Editor open

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Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus.

We thank the following for permitting us to circulate our paper at their establishments:

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The Black Cat & Black Cat Too

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This Ain't The Only Café

Subway (Lasalle)

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The Elm Tree

Don Cherry's

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Chapters

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Comics North

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing.

Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words.

Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexual or for length.

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SCE 301 Student Centre
Laurentian University
Sudbury, Ontario, P3E-2C6
(705) 673-6548

Fax: (705) 675-4849

Email:

lambdapub@hotmail.com



EDITOR'S CORNER...

Just Return the Bag...

by Mat Thompson
Editor-In-Chief

Signs, signs, everywhere a sign. Usually I ignore all the signs around campus. There seems to be more and more signs posted on every wall, window, and post board every day. I try to ignore them, but I can't... especially this week. This week a sign appeared on campus that just pissed me off. Usually I don't use my editorial to completely go off on someone, but this week it has to be done.

This editorial is focused on one person on this campus. You know who you are. You are the inconsiderate @\$% who stole a poor girl's gym bag from outside the bookstore. Sure, a lot of people are probably thinking "why is Mat getting all pissed off about this?" Well, consider what you carry around in your gym bag on a daily basis; books, notes, keys, jacket or wallet. Could you risk the loss of these items? Well, a poor girl on campus had all these items, plus more in her bag and some spineless jerk decided to rip her bag off.

Now I know it is hard to keep track of who takes what bag from the bookstore, but come on. If this person accidentally grabbed the wrong bag they would have probably returned it. I figure that this person intentionally took the bag, but what use is most of these items to the thief? Notes, textbooks, LU jacket... all personal items that, unless you are in the same courses, have no real value. And to steal from a fellow student is just pathetic!

Everyone in this school has grown up to the point that they graduated high school. To be in university there is a certain amount of maturity that goes along with it. Sure, there is still some major immaturity along with it, but stealing is something that shouldn't even cross your mind. Most students are strapped for cash. Everyone is trying to make their way through University on different levels of income and financial assistance, and to screw someone like this is inexcusable! Textbooks cost money. Jackets cost money. Notes

cost immeasurable amounts of time. New keys, wallet, bag and everything else cost money. What is this bag worth to you? No where near as much as it is to the poor girl who lost it. Her whole school year was in that bag, and you stole it for what? Maybe a few bucks in change. Way to go!

Maybe it is because I am a little older than a lot of the students around here, or maybe it's because I was brought up with a very high moral standard, but I just cannot fathom the reason a person, who is in university and going through what everyone else is, would steal someone's gym bag. Now, I'm not saying I'm perfect and I will admit I did a lot of stupid things when I was younger, but once I hit university, I grew up. I still party, still drink, and still do really stupid things, but I would never do something like that to another student.

So to the person who stole the gym bag... bring it back! Just picture everything you need in one week for school and life in general. Now put

all that stuff into a bag. Stare at that bag for a while. Picture how much you depend on all that stuff... and now picture it gone. Not a nice thought is it? Well, this is what you did to one Laurentian student. Don't think "it's just one gym bag" because that one gym bag was a student's life. That 'one gym bag' could have been your gym bag and I am sure you wouldn't just think "Oh well, I'll just get another".

What do I think should be done? Hopefully you feel like a bag of shit right now and you want to do the right thing. Well, if you can't face the girl who you stole the bag from, bring it to me. Walk up the stairs to SCE 301 and be a man. I promise I will thank you for the return of the bag and its contents without saying a word. I will not turn you in and I will not kick your ass. All I want is for the bag to be returned to the rightful owner. Think about it... this is your chance to do the right thing. Make the right choice and bring me the bag!

SPACE FOR RANT ... Letters to the Editor

Dear Lambda,

When I saw (The S&M Goddess) add in Lambda, I first found it funny. Then later pondering on the subject, I was horrified that a want-to-be little girl would give out half-witted advice about an important subject like S&M. S&M can be dangerous if not done properly, even lethal. Also, students should not be exposed to such a subject in a student newspaper, but find it on their own.

Lynette Alexi

Editor's Response: Everyone is entitled to their opinion- just make sure it doesn't infringe on someone's right to produce or read whatever they want. Like I have stated for years... if you don't like the column, there are many others that may fall under your strict standards of perfection and decency.

Mat Thompson

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Big Brother Makes Its Way To Laurentian

by Keeghan Lachlin
contributor

After returning to Laurentian this year, I have noticed that things have definitely changed. Big Brother has made their presence felt all across campus and I get the feeling that they are far from done. By Big Brother, I am not referring to the so-called reality based CBS show, I mean the bureaucrats that sit at the top of the university and in the offices of the residences.

Doesn't anyone else find it strange that we lose our sports teams and our academic writing center yet our tuition still rises? That's the question that I pondered when I heard of the "cutbacks." Take a look around the campus and you'll see how the University spent ridiculous amounts of money on nothing more than crap.

Have you been to the Fraser Auditorium lately? Have you seen the pretty rock garden outside the building at the main doors? From what I heard, they paid a VERY high price for those rocks. In our terms, it probably cost 4 hockey players and 2 volleyball players.

Once you're over that shock take a walk to El Presidente's office. He's managed to take a nice, reasonably sized office and turn it into a smaller version of the SkyDome. Does one man really need an office the size of one of the classroom build-

ing classrooms? I think not. Reality price = 2 more hockey players. You've got to love how we now have more vice presidents than you can count on your fingers, yet the school still insists that we are losing money and that these cutbacks are necessary.

Hey, if you really want to see something that will make your head spin take a walk down to the UC/SSR complex. Use the path and see what lovely landscaping the University has invested in. Too bad that after the first rainfall hundreds of dollars of sod was washed away and pelted by gravel. You'd think that the higher brains of the University would have thought that it would be a bad idea to try and put grass on swampland.

But honestly though, residence has gone way overboard this year. They have now given 100% proof that they are nothing more than drunk with power. Has everyone participated in the organ-grinder program this year? I am referring to the whole signing-in-a-guest policy. Now in UC/SSR, you have to be with that person 24/7. It's like you are the organ grinder and your guest is the monkey that is chained to your wrist. I am sure that one day soon we will all have to wear one of those child restraints with the long phone-cord-type chains. I know you know the ones I am talking about. I can't wait to see what other cracked up ideas the hierarchy comes up with.

LAMBDA will return on October 19

Lambda

Copy Deadline:
Fridays at 2:00 pm

Editorial and General Meetings:
Fri. at 1:30 pm

Opinion

Get in the Ring

by Bryson McCarthy
columnist

Something happened to me this past weekend that I never thought would ever happen. I was e-mailed my own I'M FROM LAURENTIAN article as part of a mass forward to a bunch of LU students. Actually, from what I understand, my little article has shown up on almost every computer screen around this university. Now you would figure this would give me a huge ego, and well.. of course it has! Who else in this newspaper (or other so-called newspapers on this campus) have been so damn good that something that they write becomes part of the whole spam-mail genre? Me, that's who! I'm not just a God anymore... I'm a cyber-God!!!

Enough of my ego trip and on to serious business. I was a little hungry today, so instead of buying food I went to the Great Hall. I have had a theory about how that place stays open, and I finally figured it out. The fact that that damn death trap can stay in business is that you will never pay the same amount for your food ever! If you think I'm wrong, try it for yourself!

For the last week I have purchased the same meal and three out of four times, I paid a different price. Now I can understand that human error can occur, but man did the Great Hall Lady go off when I tried to point out her mistake! I tried to tell her that \$9.61 was a little much for a Clubhouse and Fries, but hey, she must be right since she has all the power!

Friends of mine have come across the same problem. They buy their food expecting a certain price, but instead it costs them more. So why the hell do we keep paying different amounts? First, most students don't keep track of what the prices are. Usually there isn't a problem

with a combo meal (since there is a button for those) but when you try to mix and match foods to get a somewhat square meal, the cashier and her register go into a melt-down. All of a sudden, Chicken fingers and fries are impossible for them to punch in without a drink. I would make it easier for them by buying a combo, but I like to drink milk at dinner, not Coke. Maybe Coke has a monopoly on this campus, but it doesn't mean I have to pollute my insides with that trash!

So why is it that the food prices change daily? I figure that they just can't learn all the prices so they randomly hit buttons until a total that they think looks right comes up. Of course the registers don't show you what they are punching in, so all those random numbers look right to the poor unknowing students. Actually, now that I think of it, I have rarely ever bought food there without hearing the person punching it in swear and have to fix a mistake they made. Where do they get these people? Cambrian College?

For being a monopoly on campus, maybe Marriott should look into hiring people, or getting machines, that don't rip students off. I figure that with the ever-changing prices, most frosh that were conned into a meal plan should be just about out of money by now. A food plan only goes so far when a burger costs you more than a psychology textbook! It's pathetic the amount we overpay due to error in the Great Hall line.

You think I'm exaggerating? Monday the meal was Chicken and Veggies for \$5.25. A friend of mine bought this, plus a cookie and ended up paying around \$8.50. For a price like that I would hope that the cookie was laced with some of the best 'home grown herbs' around. Human error? Not according to the Great Hall cash-



ier. They are never wrong!

One other complaint about the Great Hall this week... why the hell is the deli counter closed? Not everyone wants to eat something from the grill. A sub would be nice, but I guess that would mean getting one of the seven employees who are either on a break or doing nothing to actually serve the students.

The prices are getting higher, the service is getting shittier, and the hours are shrinking. Why the @#\$% do we pay for this service when all they do is bend us over and (insert vile penetration sounds here)? Pretty soon they will have one woman standing behind the counter giving out peanut butter sandwiches for \$8.99 a piece. Of course there would be no jam as that could cause chaos in Great Hall land. I just hope that this little rant makes students watch what they are paying in the Great Hall. If they over-charge you.. get their freaking name and contact the Great Hall manager. I don't know if it is the person behind the machine, or the machine, but we are getting screwed! Marriott will ignore this now, but when they get a million phone calls from pissed off students, they will have to do something. Just call 675-1151 and ask to be connected to the Marriott or Great Hall manager. Oh yeah.. when they ask you where you go the number... tell the Bryson told you!!!

This University Belongs to the Students

Sarah Dean
Columnist

First, a reminder: Tomorrow, October 6, you can come out to room L-239 in the Student Centre to hear a panel of extremely interesting young activists discuss the impact that globalisation is having on our lives and what we can do about it. If you're not leaving town until the afternoon, stop in and welcome Sarita Ahooja, Oscar Carillo Arroyo, Mathieu Houle-Courcelles, Jaggi Singh and Alejandra Salas Tovar. They have all been involved in student activism in one way or another and they are now traveling the country to talk about the Free Trade Area of the Americas, a trade agreement that threatens our education and health care systems, our environment and our rights. They will be here from 10 am until noon.. Be there or stand by while your country crumbles around you!

Secondly, Thanksgiving is here. For a lot of us, this weekend will be the first glimpse of family we have had since watching the taillights on the rental van disappear in the distance a few weeks ago. If this is your first year away from home, be prepared...your family sees all. You have either eaten too much or not enough. You DO need a haircut. You may well be used to the piercing or tattoo, but try not to forget it's there until someone points it out

(younger siblings are great at that); and my God, what happened to all those quarters I gave you for the laundry room?! Try to explain what you're learning here, but if no one in your family has ever taken the course you're taking, don't be offended if everyone smiles, nods, and then asks you to pass the stuffing. They are happy for you, they just don't have a clue what the hell you're talking about. Remember, even briefly, what it is to eat at a table. With a napkin. And metal utensils. Drink beer from a bottle. Avoid stories that start with, "I was SO hammered..." or end with "...and eventually, I remembered where I lived" until dessert.

If you've gotten any assignments back, don't forget to take them home for the only gold star that really counts; the one you get, with a big hug and a pat on the head, from Mom. They may also be good for some cash. If, on the other hand, it's taking you a little longer to find your "niche," conveniently forget that stack of papers here and lie your ass off! If you have to take the second option, also include the promise-to-self that you will get your lying ass in gear when you get back here. Steal leftovers like your life depends on it. If you can, arrive home with an empty cooler, it makes a great subliminal message. Now is the time to pick up

any winter clothes you thought you wouldn't need until December (where, exactly, did you THINK you were living?), and dump off that stuff you were SURE you would use every day...no, really, the all-in-one electric garlic press and shoe shiner were a good idea at the time. Thanksgiving, as Adam Sandler says so eloquently, is a special night...and you can survive if you play your cards right!

Here's hoping everyone gets the long end of the wishbone and has a safe and happy Thanksgiving!

The opinions expressed in this section are the sole thoughts, views and opinions of the writer and do not reflect the views and opinions of Lambda Publications and Lambda Publications' Staff Members.

The Spirit of Tim Boston is Dead

by John Wozniak
columnist

A few years back, Laurentian University was mentioned in one of Dave Letterman's top ten list. That list consisted of the names of schools whose alcohol consumption level per capita were the highest in North America. Laurentian topped that list. Today we would be lucky to make the top 50.

What happened?! Where have all the party people gone? I, for one, am more than a little concerned by this trend. So I have decided to revive this tradition by recounting the tale of a living legend whose legend has been killed by the squareness which now dominates this school. A hard-partying friend of mine related this tale to me and now I am going to pass it on to you.

Tim Boston was a student at Laurentian. He was a computer whiz. He was also a crazy partier. According to legend, Mr. Boston used to spend his entire OSAP allotment by mid-October. He would buy rounds for the bar, party every night and be damn proud of it. Now, I don't know if this man actually ever graduated but if he did, he is the ideal role model for every Laurentian student.

Laurentian University is a relatively small school. It is hard for the little guy to distinguish them-

selves in the crowd. We all know that. But imagine if this school could maintain a high graduation rate while also maintaining a hardcore party reputation. We would be the talk of the town.

Instead, this school's pub decides it only needs to be open four days a week, the bars are empty Sunday through to Thursday and no one even knows who Tim Boston is anymore.

Well, it is time for us partiers who are left to reassert our influence. We need to rise up to the challenge and demonstrate what an ideal Laurentian student is like. After all, these are our young years. Do you really want to tell your kids you spent all you time in the library?! Or do you want to be able to tell them you showed up to your final exams still drunk from the night before after a wake-and-bake breakfast and still aced the test? Think about it.

I don't know about you, but I want to be able to say I went to school with some intelligent people who graduated even though they knew the staff at the Beer Store on a first name basis. So anyone who wants to found a "Delta House" here at Laurentian can contact me through Lambda and we will see what we can do. In the meantime get to your fridge and grab a beer immediately.

NOMINATIONS FOR THE SGA BOARD

BI-ELECTIONS will be open from Thursday, Sept. 28, 2000 at 9am to Wedn., October 11, 2000 at 4 pm.

The following positions are available:
4 Off Campus Representatives
International Students' Commissioner
Senator and
Speaker (letter of intent only)

Nomination sheets
available Sept. 28 at
9am at the SGA
Office, room SCE212
in the Student Centre

LES MISES EN CANDIDATURE POUR LES ÉLECTIONS PARTIELLES DE L'AGE

seront ouverts du
jeudi le 28 septembre, 2000 à 9h00 au
mercredi le 11 octobre, 2000 à 16h00
Les postes suivants doivent être comblés:
3 Représentants hors-campus
Commissaire des étudiants internationaux
Sénateur et
Conférencier (lettre d'intention seulement)

Les formulaires de mise
en candidatures seront
disponibles le 28 sept.
à 9h00 au bureau de
l'AGE, salle SCE212 au
centre étudiant.

EXPERIENCE JAPAN

JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME

The Government of Japan invites graduates (by July 2001) to apply for positions as Assistant Language Teachers or Co-ordinators for International Relations at schools and government offices throughout Japan. Renewable one-year contracts begin in July 2001 with a salary of 3,600,000 yen (approximately C\$48,000) after tax.

Interested?

Applications are available from the Placement Centre, and at Algoma from Co-op and Employment Services.

Please do not send resumé.

Application deadline: November 24

For more information please contact: The Consulate General of Japan JET Desk
Tel: (416) 363-5488 Fax: (416) 363-6074 E-mail: access@japan-cg-toronto.org

JET PROGRAMME

From The Desk of a Different You

If You Can't Do What You Want In Life, What The Hell Is The Point?

by Captain Pike
contributor

Well, I wasn't sure what to write about when I started and I suppose I could have thought about it beforehand but I decided to write and let the patterns take care of themselves. Please note that the ideas I voice and theories I submit are musings and not attempts to threaten the opinions of others, thus causing people's personal universes to collapse!

Anyway, the other day I was thinking about the dichotomy between the usefulness of knowledge you acquire at university and that which you gain on your own out of interest. For many people it is obvious that what they learn on their own is much more satisfying than that which they learn in school. If the definition of usefulness is taken as that knowledge which will best lead to a job, then post secondary education is certainly the route to the most useful kind of knowledge. However, if the usefulness of knowledge is defined as that knowledge which is most fulfilling to the individual, then many of you will agree that university or college is definitely not always the best place to find such knowledge (or wisdom perhaps?). For example,

earlier this year I left the physics program here at Laurentian (I was my 3rd year) and transferred into Liberal Science. Upper year physics is not for many people and I found it very un-f fulfilling (or useless you might say under my second definition of it). I dropped the worst of bunch of courses in second semester and as it was too late to pick up any others and I had to wait until the summer session started. During the rest of the semester (and on into the summer), I learned about more fulfilling things and gained more general knowledge on my own than if I stayed in my program (including thoughts on this very subject). However, these things are unlikely to help me get a job in the future.

Remembering the basic reason for getting a job is to buy food so we don't die; but we often lose sight of the fundamental reason for becoming employed as we have our eyes on things we want like N64s, cars, or George Foreman grill. As the population of our world increases at a scary pace, as automation, conglomeration, globalization all increase, the competition for jobs at all levels is increasing and will continue to increase as well. We've all heard stories from parents and friends about

people who have their Masters or Ph.D. in some subject but cannot find a job in their field. This trend is not likely to reverse anytime soon, or gently...or so it appears. Thus, I submit that the best knowledge (the most 'useful' in the whole of our lives is not that which we learn in school per se in order to get a job, but that which we learn on our own while following our passions. I suggest that people should employ lateral thinking when it comes to their plans for their futures.

For the majority of people (I believe), happiness in life is their main goal but we often lose sight of this as well and become focused on daily events and annoyances. My final point is: if it's going to take you 11 years of post secondary schooling to get to where you think you want to go and you're not happy, maybe it would be better to pursue a more 'sideways' strategy and gain more fulfilling knowledge. Happiness and contentment can be found in the oddest of places. The old cheesy sounding saying of 'follow your heart' is still worthwhile advice it would seem. I never thought I'd learn anything about playing music, and now I'm well on my way; nor do I regret leaving physics.

Opinion

SGA
AGE

Johanna McLellan
VP Services

Notes From the SGA

I am writing this article for two reasons, one just to let you know the students know what we have been doing here at the SGA over the past month and what you can look forward to this month. Lately, many little slams have gone between associations and their supporters, but really what's the sense when we should just look at what we (SGA/AGE) have to offer for the students.

September was hopping as school once again began. Frosh week was a blast and many events were successfully run into our new Beach Party and the Frosh Week concert at the Grand featuring Treble Charger.

The month continued with a swarm of students coming by the office to pick up their welcome-back kits, which seem to have been a great success. As well, the first week back, we hosted a coffeehouse for the students in the SGA commons room. This will be a monthly event and we look forward to having many of you drop by.

On Saturday September 16th, our Grocery bus service was in effect and we had quite a busy weekend. Friday September 22, in the Pub, we had comedian Rick Bronson who packed the pub and created a lineup on a Friday evening. We were all very happy!

On Friday September 29th, we finished the month with our first ever Sleeping-bag drive-in! We only had a few out for the first time, but everyone had a good time and we expect to build the event.

October is shaping up to be just as great a month. On Thursday October 12th, we will once again host our monthly coffee house in the Commons room and Friday October 13th in the SGA/AGE owned and operated Pub Downunder we have a CKLU promotion of Big Rude Jake, it should be a swinging good time. That weekend is also Peter Ennis weekend, commemorating the death of Peter who was the women's basketball coach here 4 years back. We all support the weekend very strongly and will be involved in helping in any way that we can. Wednesday October 18th for all those who have been waiting, has finally arrived as Open Mike night is back, so come out and display the talent that you have. Friday October 20th, once again, we have the sleeping-bag drive-in with a scary movie theme this month so drop on by with a blanket and pillow and get comfy. As well that night in the pub will be hosting Karaoke.

On Wednesday October 20th, the SGA/AGE and the Pub are excited to present two entertainers in one evening. At 8 PM and 10 PM, catch a pool show full of tricks and exciting movies and at Midnight we have the super-funny Sean Collins who will be giving us a few laughs. To the end of the month, we have homecoming and we are all pumped about that. The University should be in a buzz that weekend. Friday night in the Pub we have Andrew Lowe and Bill Sanders for our listening pleasure and Saturday night in the Great Hall the SGA/AGE and Alumni are pleased to present THE TRAVOLTAS.

So if there were any doubts about how your student union was doing in serving you the Student (which we're here to do), just take a look and see the wide assortment of activities we have planned for you the student.

Instead of worrying about how French or how English any person or group is, we're here to make sure you are getting what you need and having fun at the same time.



Chris Mathis, P.Eng. and Nancy Mathis, P.Eng.
Co-founders, Mathis Instruments

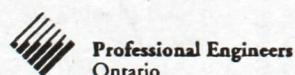
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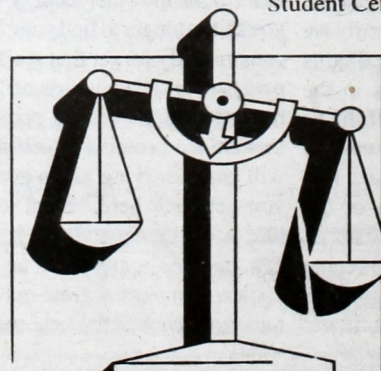
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To book an appointment call the SGA at 673-6547 or drop by the SGA office in the Student Centre room SCE212.



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Career Column

Career Planning Resources: I. Self Assessment

Paddy Blenkinsop
contributor

So, now you realize that your career is your "business", and it's up to you to set your own directions.

OK, but are there any tools, any resources to help with this career planning? The answer is, "yes"; there are lots of them, and here are a few good ones I have come across.

There are two sides to career planning, self-assessment and job or work exploration. Self-assessment is deciding what you yourself want to do, and that is not as easy as it sounds at first. Job exploration is getting to know what is out there; what jobs are there? what are their future prospects? what are the working conditions, and the pay? I'll suggest some self-assessment resources today.

Self-Assessment Resources

a) Print Materials. These are available in the Resource Centre in the Office of Student Life on the 2nd floor of the Parker Building (L210). You can also find good materials in the University Bookstore, or in commercial bookstores in town. A lot has been written about career planning.

- ACCIS. *The Looking for Work Series. #1. Self-Assessment*

This is the first of an excellent series of booklets on career planning and job search. It offers practical exercises that you can work your way through. It's cheap and available at the University Bookstore.

- Richard Bolles. *What Color is Your Parachute*

Bolles is the acknowledged dean of writers about career planning. He revises his book yearly. It is long, but it is excellent, easy to read, full of good exercises and suggestions.

- Joyce Lain Kennedy. *The Career Book*

Another good and basic book, full of sound ideas, experience and advice.

b) Web sites. There is a mass of information out there in cyberspace. Here are a few good sites I've found for self-assessment.

- www.adm.uwaterloo.ca/infosecs/CRC/manual-home.html

Career services at Waterloo have put together a complete "do-it-yourself" career planning service. Take your time to browse through it.

- <http://psychometrics.com/online-test>

Excellent site where two tests are available for self-assessment.

- <http://10steps.careerpathsonline.com>

Well explained and user-friendly site where you can't help but learn more about you.

- www.worksearch.gc.ca

A comprehensive Canadian government site with lots of information and good links.

c) A third way of approaching your self-assessment is by means of career tests. The Strong Interest Inventory is a test of your vocational interests and will identify areas of employment for you to explore. The Myers Briggs also comes up with career suggestions, but it does so using personality type. The two tests work well together. Regular workshops are available - see below. Sign up at the Counselling and Resource Centre, Room L210, 2nd floor Parker Building (673-6506)

OCTOBER CAREER WORKSHOPS

Room L338 Parker Bldg.

OCTOBER	TUESDAY 1-1:45pm	WEDNESDAY 1:30-2:15pm
	10 (français) 24th (English)	4th (English) 18th (English)

DE-CLASSIFIEDS

WANTED

Guitarist looking for people to jam with to possibly form a band. Jazz, funk, metal, etc.
Contact Curtis @ 670-0147

WWF 5" Hasbro Figures
All figures needed
Call Mat @ 673-648

FOR SALE

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Contact Lisa @ 564-9989

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MESSAGE BOARD

JN
Never thought we'd be doing this.
Call to set things up.
MT

HUGE - The toaster is coming!!!
You can't escape the evil!

To whoever stole my friends bag from the bookstore... you are a jack-ass!

The field needs to be mowed!!!

Leave messages for your friends in Lambda!

FREE CLASSIFIED ADS FOR LU STUDENTS!

All you have to do is fill out this card and drop it off to the Lambda office at SCE 301 or drop the form into the campus mail in an envelope marked "LAMBDA" and we will run the ad, 25 words or less, for two to three weeks. Sell old books, furniture or any other junk you may have, leave messages for your friends or ask for help in any field of study. It doesn't matter because this is your own classified section! NOTE: ads for companies will not be accepted and all ads are subject to approval by Lambda Publications.

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NAME: _____

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Telemarketers Required

for 4 weeks starting November 5, 200. Please submit resume and cover letter to the Alumni and Development Office (L-1124) or fax to 671-3825. Deadline for resumes is October 18, 2000.

For more information contact

Gill Pharland at 675-1151

ext. 3448 or email

gpharland@nickel.laurentian.ca

Nous sommes à la recherche d'étudiants ou étudiantes pour faire de la télévente à temps partiel pour une durée de quatre semaines, à compter du 5 novembre. La date limite de soumission du c.v. et de la lettre d'accompagnement au Bureau des anciens et du développement (L-1124) est le 18 octobre. Vous pouvez aussi les envoyer par télécopieur au 671-3825.

Resignements: Gil Pharland, au 675-1151, poste 3448, ou gpharland@nickel.laurentian.ca

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Jungian Vs. Freudian Dream Psychologies

Sigmund Freud was the first great modern pioneer of dream theory. *The Interpretation of Dreams* was first published in 1909, and is the most important of his writings on dreams. To move from Freud to Jung is to enter a very different world. Carl Jung was a one-time disciple and colleague of Freud but later rejected much of Freud's teaching.

So, how does Jung's style of dream interpretation differ from Freud's? For a start, Jung rejected Freud's heavy emphasis on sexuality as the source of all psychic disorders and consequently, almost the one-and-only key to unlock the meaning of dreams. Secondly, Jung saw the unconscious as much more than a mere dustbin, such that it was a receptacle for rejected emotions and desires. For Jung, dreams are not to be understood as simply showing what is wrong with the psyche. The unconscious contains all we need to know about the causes of our psychic troubles: it can tell us why we are as we are - victim or martyr, sexually impotent, or whatever - but it also can show us the remedy for our disorder. And it does both these things through dreams.

For Jung, the unconscious is not merely a bundle of instincts centering on hunger, sex and survival. It also contains the secret of life's meaning, which is hidden from the conscious intellect. The unconscious will reveal that secret in our dreams - if only we are receptive enough, which means being humble enough.

Jung also does not go along with Freud's idea that there is a censor at work when we dream, causing disguise or distortion between the latent content and the manifest content (i.e. between the dream message and the actual dream story). According to Jung, what the unconscious is saying to us in our dreams is presented in a totally obvious way. If we cannot understand our dreams, therefore, it is only because in the modern world, we have lost touch with the language of symbols, which is the language of dreams. Anyone who is at home in the world of symbolism - as so-called 'primitive' people were and are - will have no great difficulty in understanding dreams. Dream symbols are both 'expressive' and 'impressive': they express what is going on at an unconscious level of the psyche; and they make an impression - leave their imprint - on the dreamer, influencing the direction of his or her personal development from that moment on. Freud, however, saw the symbols in dream as concealing the dream's message, keeping it from the dreamer's conscious attention.

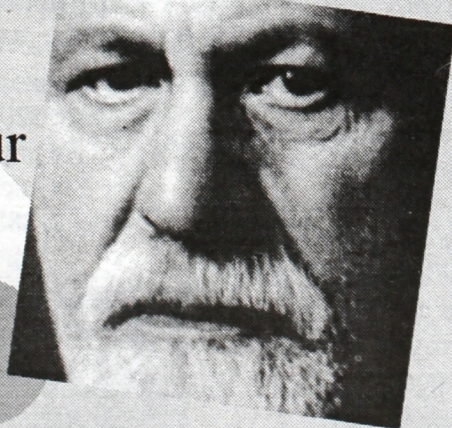
What Jung calls 'active imagination' is a set of techniques for helping you to associate, helping you discover, what this or that item in a dream means to you. As the title suggests, all these techniques involve some sort of activity, and all put your imagination to work. One of these techniques is to draw or - preferably - paint your dream symbols. Another is to imagine that you are an actor and that your job is to be this or that person who appeared in your dream, to get inside and identify with that person. Jung, himself, went even as far as to build actual physical models, as life-size as possible, of objects appearing in his dreams.

A rather different form of 'active imagination' is mediation: that is, exploring your unconscious mind by putting your consciousness into it. If, during your mediation, you visualize the items that appeared in your dream, one after another, these may actually guide your conscious self in its exploration of the unconscious, leading it towards what it most needs to know at that time.

Although Jung had no time for institutionalized forms of religion, he did not share Freud's dogmatic atheism. Freud rejected all religions and metaphysical ideas as pernicious illusions and a neurotic form of escapism, a withdrawal from the real world into a world of fantasy. 'Religion,' he said, 'is the universal obsessional neurosis of mankind'. Jung, on the other hand, came to the conclusion that what most of his patients in the second half of life were suffering from was basically a lack of religion. For Freud, religion was a neurosis; for Jung, religion was therapeutic - it was the ultimate cure for the troubled human psyche. The quest for one's own authentic self and the quest for God are, for Jung, one and the same quest.

Moreover, Jung tells us that he frequently found the symbols of religion - its mythologies and rituals - in the dreams of people in the second half of life. As we have seen (in the case of the sun), a potentially religious symbol may appear in a dream without any religious meaning at all (or, in some cases, with just a trace of its religious significance). However, according to Jung, in the dreams of middle-aged or older people, these symbols appear more frequently with their full religious meaning. And indeed Jung sometimes speaks as if all symbols have a 'religious' function: 'It is the role of symbols,' he says, 'to give a meaning to the life of man.'

Tell Me
About Your
Mother...



Dreams & Dreaming

What's In A Dream?

Dream (*drem*) n. (1) A series of images, ideas, emotions, and sensations occurring involuntarily in the mind during certain stages of sleep; (2) A daydream, a reverie; (3) A state of abstraction; a trance; (4) A wild fancy or hope. (5) A condition or achievement that is longed for; an aspiration: a dream of owning their own business; (6) One that is exceptionally gratifying, excellent, or beautiful: Our new car runs like a dream.

How exactly do you describe dreaming? To me, dreaming is what I do when I sleep. I see it as a process in which my subconscious tells me something that I should be fully aware of, but haven't had the common sense to take notice of yet. I dream of better things for myself than sitting around on a Sunday night writing about dreaming while sipping a glass of tea to alleviate my cold symptoms. Like most people, I dream of the usual things: love, happiness, good health, money, but most of all I dream of the

ability to not lose the inner parts of myself as I age. But that's what it is, simply a dream; reality doesn't quite allow for your daydreams to become your reality, hence they remain exactly where they are, safely tucked away in your mind. So as I age, I change; nothing can be done of the process, that's just how it is.

So I dream as I sleep, that's quite natural. Everyone does it, typically somewhere in the range of five to ten hours a night, depending on the person. I aim for nine, and usually end up with about six. Because of this lack of proper sleeping behavior, I don't dream as much as most people, and I don't fidget as much, which leads to my awakening with a sore back and a pounding headache. Also, I never remember my dreams. The only time I do is mornings after I got plenty of sleep, and by sleep I mean peaceful slumber. The key to remembering your dreams is a peaceful slumber. Otherwise you'll end up

waking up recalling nothing.

Typically, dreams are weird and they don't make sense right away. Hence the reason why dream analysis and interpretation are vital tools at your disposal. I mean maybe your brain is just weeding through all the gibberish that it was fed over the period of the day, but I'd like to think that there is a method to the madness of the process. So, like I mentioned before, I think it's telling me something I should be seeing that I'm not quite tuning into. All the tools are essentially at your disposal, it's just up to you to figure out how to use them and find out what you should be knowing. Perhaps I like the enlightenment that comes with figuring it out. Who knows? But I know it is nice to have some clarification on your life state. So, use them to your advantage and figure things out and they might just make your day more interesting.

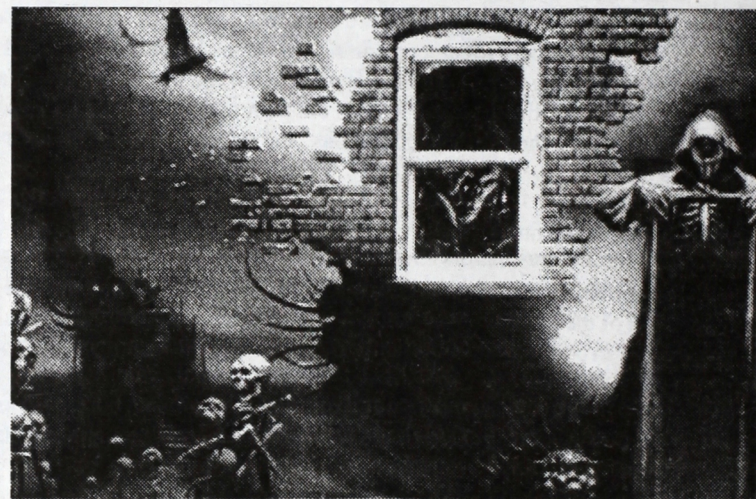
NIGHTMARES

Lysa Pominville
contributor

As I wake up in the middle of the night, I realize that my house is on fire. I run for the nearest exit, but the fire is faster than me, so I run to the other end of the house to get help from the neighbor. And this is when I really wake up in a cold sweat.

What I had experienced is what we call a nightmare, or bad dream, if you want to put it in simpler terms. If I had lived before the 18th century, I would blame my anxiety due to the nightmare on the demons pressing upon my chest while I slept. Ridiculous, I know! They even thought that nightmares were a sign of black magic, that you were associated with evil, or even that you were possessed. Boy am I glad I didn't live in those times, or I would of been hunted.

These days, living in a scientific world, we have defined a nightmare as a dream that brings out disturbing emotions such as a strong, inescapable fear, terror, distress, or extreme anxiety. Such emotions as



anger, guilt, sadness and depression can also be associated with a nightmare. These usually awaken the sleeper.

Some seem to think that the reason we have nightmares is that it is a warning signal that something is going wrong in our life, and is hurting us. Other reasons are that they are a way to learn to deal with difficult times, like a loss of a loved one; fear

of death, or even loss of health, before we actually have to take care of it in real life. But, there is a way of opening your eyes to what is going on around you. It is believed that once you tend to the reason for your nightmares, they will go away on their own. That is, until the next time that you are procrastinating or you are ignoring an important situation. Till then, sweet dreams!

Dreams and Their Associated Numbers

Everything nowadays has a number associated to it. Whether it be your birth date, your name, or even your bank account, they all have numbers. Well the same can be done for your dreams. Objects, people, and environments in your dream have a numerical representation, which, if you consult the matching numerology number, can tell you precisely what the object represents instead of having to rummage around through piles of books for a few keywords.

0 - Rings, bracelets, holes, or other circular objects.

1 - Chicken, and/or mice. This is because the chicken is the symbol of the initial letter in the Thai alphabet, and the mouse is the symbol of the first year of the Chinese Zodiac. As well, objects such as a pole, bamboo stick, pencil, or generally anything with a long narrow shape, like rope, a noodle, a match, ruler, stick, cigarette, etc..

2 - The tide or current; shirts, trousers, a pair of chopsticks, railways, a pair of shoes; a limb.

3 - Three stepped stairs; a turtle or a tortoise.

4 - A corpse and/or a coffin; luggage, a trunk, a package, a chair, suitcase, table, radio, notebook and/or book; kites.

5 - A boat; a middle-aged woman; a large serpent; a hand or foot; Chula (star-shaped) kites; five stepped stairs.

6 - A ghost haunting you; or birds; a pregnant woman; a bridge; ordinary snakes; a fist.

7 - A building, a house, or rooftops; lizards or spaceships; a hand holding something; seven stepped stairs.

8 - Eyeglasses, breasts, lips, ducks, two loops joining together; a termite's nest.

9 - A king, a queen, the elderly, or your parents. If you see a king standing next to a queen, the king is associated with the number 8, giving the pair the number 89 or 98. As well, glass, jewelry; nine stepped stairs; high mountains; hat, crown, or flag; a shrimp.

Precognition: What Exactly Is It Telling You?

There are always old tales of women and men who claim to have seen the future, or have experienced *deja-vu*. For the most part, these tales are passed over as crazy talk, mainly because human beings are too skeptical for their own good. I think it's only once someone has gone through and experienced such a thing that they can truly see the validity in claims that are deep down the truth.

I remember my mom telling me a story as a child. At the time, I thought she was just making it up to make me fall asleep, but indeed it was not the case as I learned years down the road when asked to have it retold. Apparently, one night she had a dream in which she and my father were walking along the beach on a windy afternoon and a short distance off was a man and his dog. She could hear everything the man was saying to his dog, as well as listening to everything my father was telling her. So, she woke up the next morning and thought nothing of it. A few days later, however, my father and her went to the beach, and it was coincidentally (so she thought) a windy

day. As they were walking down the beach, my father was talking to my mother and she asked him if they had not had this conversation, because it seemed very familiar to her. Shortly after, as they are walking, they encounter a man and his dog, whom were a spitting image of those from her dream. She was standing there and reciting the conversation as the man was saying the words, suddenly remembered the dream she had.

Since being retold this story, I am a firm believer in precognition. There are however two different types of cognition: unchangeable future, and changeable future.

Unchangeable future is the term for when you have a premonition, but unfortunately enough details are not given to you to prevent the event from happening: meaning whatever happened was in the universal plan, and hence could not be altered. This could probably be better explained as being fate, where no instance of free will could have changed the projected path. So essentially, you're screwed either way.

Changeable future is the term

for when you see an event unfolding, but you are also shown the events leading to it happening. This means that you are given the choice between changing the way things are going to take place, or ignoring the warning and taking the chance that it might actually happen. This means that you can change things, that free will can alter the course of the future to make it a different path.

Each of these can be found in the most mundane of circumstances as well. You could see something in a dream that may make no sense to you at the time, but later on you'll see a correlation between it and your current situation. As well, the most trivial of matters can actually have an impact on your situation. Though you may not realize it, as simple an act as stopping for coffee somewhere else could be the trigger. On the other hand, stopping at the same place as usual could do it. You never really know, so it's up to you to figure out what it is. However, sometimes it is simply out of your hands, and well, you have to leave it to the hands of fate to do what it must do.

Why Sleep?

Sleep is probably one of the best things that ever happened to humans. I mean for procrastinators (like myself) it's the prime excuse to not get your homework, or articles for that matter, done on time. My most common sentence is probably something along the line of "but I'm too tiiiired," which, I might add, works well as an escape for any-and-all situation. So, being the expert I appear to be on the subject of sleep (might I add I slept for about 30 of the last 48 hours?), I figured it would be only natural to write something on the subject of my hobby.

So why sleep? Well, for one, it's while you sleep that the body builds its energy supply back up. You use a lot of energy doing your various things, or well, nothing for some people, during your waking hours. So, this is your chance to replenish your sources. So, of course, during this time, it's natural to presume that your body's vital functions lower to conserve that precious energy of course. Apparently, your heat production drops to between 10% and 15% below its regular level. As well, your body temperature drops by 0.5 to 1 degree Fahrenheit, and heart rate drops about 10% to 30%. Your muscles relax, and your eyes

roll back inwards towards your brain, where the pupils constrict. Yummy, isn't it?

Lack of sleep can cause severe psychological problems like memory loss, hallucinations, and irritability. Hence the reason why it's so important to get a good amount of it; as adults, we are supposed to get 6 to 9 hours of it. Can you believe elderly people only need 5 to 7? And they sleep more than we do. That's irony in action.

Your sleeping position really has no consequence other than stiff muscles. Most people constantly switch positions in their sleep, so how you start or finish does not matter. On the plus side, the more you toss and turn, the less likely you'll be to wake up with stiff muscles. Only when you find yourself slumbering in a position that is rather straining, will you wake up feeling sore, but by constant change you use your muscles, causing them to stretch more and hence, be less stiff.

Sleep shouldn't be confused with rest because they are two totally separate things. When you sleep, all outside noises are screened from your hearing, but when you rest you can still hear and be woken by them. Most people can say they've actually experienced this; having lived in the general INCO area, I learned that

they do most of their blasting at night. For the most part, I could sleep through them because they were rather small, but whenever a large one took place, I'd be dragged right out of my slumber ASAP. But the noises that don't wake you can, however, be incorporated into your dreams, such as phone calls and alarm clocks. So, despite the fact they should have woken you up, they really won't until some realization comes in the dream, or it just gets so loud and persistent that you can't help but be woken. As well, there are muscle differences between the two: in rest your muscles will stiffen up more than they would during sleep. The average person changes positions 35 times during their slumber. During their nap, they're lucky if they shift maybe once or twice.

And finally, for optimal sleeping conditions, the sleeping area should be of a moderated temperature and annoyance-free. This means trains, loud cars, gunshots.. you know, the usual stuff. Your pillow should not be too hard, and not too soft, but just right. Same with your bed. Your blankets should be colored. Like in most circumstances, colors can influence you, even in your sleep patterns. Hey, perhaps that's why I keep having those Martha Stewart nightmares, who knows.

Universal Dream Symbols

Animals

They symbolize our own traits, good and bad. When you see an animal doing something in your dreams, it usually represents a bad trait, as it is far easier for us to accept and watch an animal doing something negative than to take the credit for it ourselves. Here is a good example: A woman on a diet and really wants to lose weight but is prone to binge eating. One night in a moment of weakness, she eats a big slice of cake and a bowl of ice cream. That night she dreams of being on a farm on a cloudy day, and watching in disgust as a big manure-covered sow eats and sucks non-stop at her slop. She is astonished and ashamed when she notices what the sow was eating (cake and ice cream). It does not take a rocket scientist to figure out what that dream means, or what the animal symbolizes. Her dream was telling her she would feel about as good about herself as she felt about the sow if she does not control her eating.

Automobiles or vehicles

Vehicles that you ride in usually reflect two things; the direction you are heading in life, and your body. This might vary if you are a mechanic or designer of vehicles. Unusually over exposure to a specific vehicle type may easily change the meaning. The condition of the vehicle might give you an idea of your health. Driving an old beat up car down a muddy road on a stormy night would be considered a pretty bad dream! However flying a Lear jet through blue skies with a song in your heart and the wind at your tail would be a rather good dream.

Children

A child represents to most of us, something new, different and joyous. Using this logic, it is easy to see why a child represents a new phase in your life or a new project as well. How well the child gets along and fares in the dream is an indication as to how well what it represents is doing. Also, a child symbolizes innocent parts of yourself sometimes, and at other times, immaturity and childishness.

Clothing

When you get into different moods, you tend to choose different clothing, so clothing, for this reason, best symbolizes your mood or state of mind. It also signifies attitudes. We wear clothing for all sorts of different reasons including, work, dating, play and social occasions. Attitudes and moods are similar to clothing in this regard, they are the camouflage we hide behind, our face we put on for the world in various situations so we can better cope. Take a look at what you, or other people in your dream are wearing to get even more clues to the dream's meaning. Also, a commonly overlooked clue is sometimes you see clothes on a clothes line, or lying around. It would be a good idea to take note as to what style and condition the clothes you see are.

Death

Nearly any dream you have that refers to death, dying or attending a funeral, or the like, pertain to change. Most all the time this change is very dramatic and major. It can be change in your life attitude or emotional balance. These types of dreams can also symbolize confronting fear, usually fear of death or change. Death dreams are generally big changes and should never be ignored, and sometimes they really do signify death. Another possible symbol of a death dream is a threat. Whichever suits the dream depends on how well the theme was arrived at. Most death dreams are about major change and not about literal death though, so don't panic if you have one.

Buildings

The building in a dream usually points directly to a specific area of your life. Dreaming of being in an office complex, or factory can pertain to your working environment. It does not need to specifically pertain to your exact line of work. In other words, an office worker dreaming of a loading dock still can relate the dock to work, because that's the association made in his mind. A bathroom, may pertain to your general health and hygiene habits, and a kitchen might be about your eating and nutrition. What you associate different locations to mean usually points to what the dream was getting at specifically. To dream of your childhood house, tends to be a reflection of your life today. A dream of mass chaos in your childhood home can indicate great disturbances in your life either now, or coming shortly. These kinds of dreams are often prophetic. You should always write down and deeply analyze dreams of your childhood dwelling. Dreams of great buildings like cathedrals and large churches usually indicate the dream has a great meaning, and should be taken seriously, as well as any applied association.

People

People most often portrayed in dreams are actually reflections of your own personality traits, provided the dream is not prophetic. These traits are ones that you need to enhance or develop, or if negative, work on eliminating or reducing. You should immediately ask of yourself, what traits do I like, and what traits do I dislike in the characters I dream about? Then look for those traits in yourself; you may be very surprised to find a match up. People in dreams work most commonly to reflect, or mirror, important aspects of your personality. You do well to always make this association.



Arts & ENTERTAINMENT

Your Lambda Horoscope

Aries March 21 - April 19

You might want to sit back and relax now that September is over. Grab a beer, stick your feet up and just think. Was it all THAT bad. Don't be a wussy! You've got it better than a lot of people. This month cannot get much better. You're just going to have to live with it.

Taurus April 20 - May 20

Yeah, yeah. We've heard it a few times now. Be quiet. If you're going to whine, whine to yourself. Nobody wants to hear it, honestly. If you want to please others tell them something they haven't heard before, especially from you. Keep low-key for a while; that will clear things up.

Gemini May 21 - June 21

Whose attention are you really trying to get? I warn you, stop now, they aren't all that interested. You might want to move on. Keep your sights open. It's still early, get with your friends. Have some fun before things get too stressful. You need to enjoy yourself. You'll find that everything gets complicated, fast.

Cancer June 22- July 22

Remember what brought you here. Don't back out now, you just started another year. Even if you don't think you're close, you are. Do not go pissing people off that you can't handle. You'll be sorry if you do. Stick to the people most close to you. Be nice.

Leo July 23 - August 22

Don't let that roar out too loud. Yeah it's good to be heard, but be careful what you wish for. You've got plans in your head. Watch your step, trust me. If you screw up you'll be running away with your tail between your legs and everybody is going to point and laugh at you. Roar, good. Tail, bad (usually).

Virgo August 23 - September 22

Pretend that everything is perfect. You'll drive everybody nuts. Your mission is to annoy others with happiness. See the reaction of others, I bet you'll drive them nuts! Skip down the halls at work, school, and even home. Skip. Skip. Tra-la-la.

Libra September 23 - October 22

You're going to be fighting Scorpio for the spotlight, as it's yours this month. Try not to splatter each others' blood on anybody else, but do let it show. Who doesn't mind the sight of blood when it's not theirs!

Scorpio Oct. 23 - Nov. 21

Oooooo feel that sting! You think you're so hot don't you. Rightly so, I suppose. Watch where you go, though, as you'll have an enemy waiting your arrival. Stay away from the ones who get under your skin and you'll be fine. I wish you luck. Expect odd things to happen during the next week.

Sagittarius Nov. 22 - Dec. 21

Distract yourself by making somebody else happy. Use your imagination. No matter what you do, the word will get out, even if you promise on their honor. Others will be jealous but do you really care? I didn't think so. Walk around with the "I Just Had Sex" smile plastered on your face!

Capricorn Dec. 22 - Jan. 19

Don't be afraid to bite back, some like that. You know specifically who, too. Watch what you do so you don't upset them. They're the last person you want to tick off. You'll find a family member, probably your mother, nagging you, driving you nuts, as always. Block it out, it's for the best.

Aquarius Jan. 20 - Feb. 18

There's somebody out there that tickles your fancy. I wouldn't doubt that they know it too, and they'll tickle even harder. I don't see you complaining. Tell them what you think, they need to hear it. Be cautious with your home life. It doesn't take much to disrupt things. You know how to push, and do it well.

Pisces February 19 - March 20

Something smells a little fishy! Irony? No. Taste before you buy. See what you could be getting yourself into. You don't want things to turn against you. Get out there and see what's around, there's something waiting for you. Just look a little bit harder. Good Luck.

THE EXORCIST... NEW YEAR, SAME MOVIE

by Hugh Panelas
staff writer

Let me start off by saying that I am the biggest horror movie fan on the planet. I have a collection that Bianco's would be jealous of. You name it, I have seen it all and I probably have it. That's why I am rather disappointed with the re-release of the Exorcist.

I, for one, have been looking forward to seeing the extra 15 minutes that the filmmakers promised would be returned to the screen. The problem is, is that there was really no point to the extra time. I was expecting so much more and ended up walking out of the theater thinking to myself that there was nothing to get excited about. The really strange thing about the whole outing was the fact that there were people coming out of the theatre claiming that there was so much more added to the movie. Hello? Have you ever seen the movie? I think the only version that you might have seen is the television one. I mean, how can anyone honestly say that there was a lot put into it. Who knows, perhaps these few horror rookies should actually watch the classic movie before getting all excited. The only thing that did make me happy was how one of my friends who was an Exorcist virgin actually made her



way through the entire flick, way to go.

But seriously, if you are expecting to see more time spent on the actual exorcism like I was then you will be disappointed. The extra time was spent on a doctor's appointment that did nothing more than start the investigation into Regan's behavior. Basically it was a physical examination with a pissed off little girl. But again there was really no point. It simply just didn't fit. The scene was just there. There was absolutely no flow to the event. The producers didn't have anything to lead up to the first appointment. Believe me it was just there.



The other major addition was the stair-walking scene. Anyone who owns the video re-release has already seen it. It's actually one of the main features of the making-of documentary. The theatre version is a little bit different than that on video as Regan walks down the stairs and basically pukes blood. It was kind of creepy but damn it, I wanted more!

The only thing about the movie that grabbed my attention was the fact that the producers decided to put some extra music into the soundtrack. There are parts of the movie that have music now that didn't before. Even though I have seen the movie so many times that I can recite almost every line in it, the addition of music added to the whole experience. I found myself getting nervous at parts even though I knew exactly what was going to happen. It's true what they say about horror movies, the music definitely does the talking.

Overall the whole re-release hype was just that, hype. For any true-blooded horror fan my recommendation is that you wait until cheap night or until it comes out on video to see this version. There is nothing of major importance to see. It's the same old movie with a slightly different packaging. If you really want to have fun with this flick take a Exorcist virgin with you. The way they jump and scream will make the whole thing much better. Besides, you'll laugh when you see their faces after you tell they now have to watch part 2 and 3 to really understand the story.

Down Under

by Mat Thompson



Scraping Roadkill Off the Information Superhighway

by Nick Stewart
Entertainment Editor

Sun Tzu's The Art of War: A Translation
<http://www.chionline.com/war/Chap-1.html>

A few weeks back I reviewed a steaming pile of cinematic crap called *The Art of War*, which ironically had nothing at all to do with the philosophical masterpiece created by master tactician Sun Tzu a bazillion and a half years ago (or several thousand, take your pick). After having the bad taste left in my mouth by that...thing, I thought that I'd track down the ACTUAL Art of War, and I came up with this. While it's not exactly the most reader-friendly translation around, it's still a pretty damn good one, and should stand as one of the most definitive ones you'll find on the 'Net. You only need to read a few lines to figure out how this might apply to business, life, bla bla bla. Stuff like this is all you need: "All warfare is based on deception," "If your opponent is of choleric temper, seek to irritate him. Pretend to be weak, that he may grow arrogant," "Ponder and deliberate before you make a move" and "If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle."

AdCritic

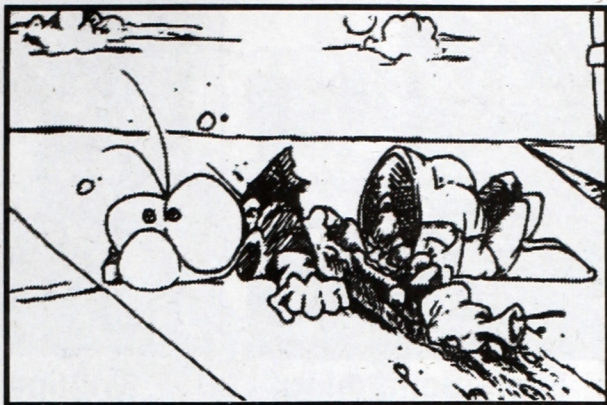
www.adcritic.com

Once in a while, you'll be watching television and you'll come across a commercial that is not only Not Crap, it's so positively hilarious that it sticks with you for weeks...and, of course, you never see it again. Well, never again will you have to worry about this happening to you, as this site collects some of the best - and worst - commercials to hit the tube, and leaves it up to you to judge, jeer, and enjoy. There's some true classics, such as the recent I Am Canadian, to some that you might just be surprised to see. For example, one minute, you can be watching the little dude on the Pringles can lip-synching House of Pain's Jump Around, and the next you can be watching a pack of grandmas spoofing the Budweiser "Whazzup" commercial. There's a ton of commercials that you are guaranteed to have never seen, and that you should most definitely check out, such as the Reality TV spoof "Who Can Spend a Month in a Trailer With Mr. T" ("T needs a footrub. Who's gonna give Mr. T a footrub?"), as well as a hilariously demented take on advertising executives ("At TDA Advertising and Design, we never bill our prostitutes to your account"). I'm ashamed to say that I'm addicted to these things...but hey, at least it's not crack!

Gaijin a Go Go Café

<http://www.zeroonedesign.com/gogo/main.html>

In keeping with the Demented Ad theme, this site is dedicated to proving that even Rich Hollywood types aren't above hawking moronic products in even more moronic commercials. In order to prevent their adoring public from looking down on them, however, most of them are sure to do Japanese ads, so that the mainstream won't ever have to see them making complete asses of themselves for the purpose of selling pizza and beer. Fortunately, the owners of this site round up these ads and hold them up for all to see and laugh at. Doubt that these celebs are truly embarrassed about these things? Ahnuld actually had his lawyers pull one of his commercials from this site because it was so nauseatingly bad; thankfully, Keanu Reeves, Sean Connery, Leo DiCaprio and their capitalist kin didn't have quite the same luck, and you can mock their amazingly silly adverts to your heart's delight. There's not tons here, but it's all good.



Alright it's time to switch it up a scoach this week and so I am proud to present L.M.L.M's ongoing series for

L.M.L.M

or Ladies Man Loves Movies

The Hall of Actors that Hath Forsaken Me

He used to kick ass first and take names later. He used to save the world from international terrorism while hung over. He used to take no lip from Cybil Sheppard and wind up tagging her the same night but unfortunately, our first recipient of this most dubious distinction is none other than Bruce Willis. We now will examine three films from his body of work to prove that as per usual, I'm right.

The Kid - In his latest, most crap-tacular effort (this one for those fascist bastards at Disney), Willis winds up discovering a midget version of himself for no God-given-reason. Hilarity was supposed to ensue. It did not. Although I have heard that if you play the movie backwards very slowly with the sound on you will hear "yippee ki-yay mother f***er" more times than in the entire Die Hard series.

The Sixth Sense - Good Movie? Sure. Surprise ending? No question. Nevertheless, Willis turns in such a pansy-ass performance that this movie should have had a subtitle, "The Sixth Sense: The Quest to Hem Bruce's Skirt." The guy couldn't even die properly. For a guy who's bright enough to sleep with Demi Moore for several years, it seems surprising that it takes two hours with some snot-nose punk who sees dead people to realize that you yourself, dumb-ass, are dead. And what's up with that raspy voice? Hook a brother up with some fisherman's friend yo!

Look Who's Talkin' - Oh you have got to be friggin' kidding me, I refuse to waste Lambda's space on this...

Until next time Laurentian, don't form an opinion on movies, that's my f***in' job
Next week: Urban Legend II. Horror movie or the biography of an intelligent UC resident?

Hey! Got a movie for The Ladies Man to review? How about some constructive criticism on my past reviews? Well if so you can cram them because I do my own work you egotistical bastards...



Skewed News Briefs

by Nick Stewart
Entertainment Editor

Dramatic Scores in Sydney Olympics

With the 2000 Summer Olympics recently past, it seems that everyone the world over has caught the sporting bug, and with good reason. It's been a record year for Olympic athletes, with fascinating scores across the board. This past week alone has seen some fantastic performances, as the Australians saw record numbers with their team's performance in the Dingo-Eating event, though naysayers have claimed that this is due in part to the fact that only Australia has access to genetically bred specimens of this now-extinct species. Still, the brutal loss wasn't enough to affect the Americans from claiming a commanding victory in the Ostrich-Toss events, while the Canadian team managed to take gold in the Nostril-Flaring and Midget-Punting events. Conversely, the French took a surprising win in the Protesting Against Midget Punting Events events, while the Norwegians claimed a decisive win in the Laughing at People Who Protest Against Midget Punting Events events. Expect the full results to be posted sometime in the near future.

Entertainment Industry Targets

In a shocking report, the PAVMEWAMBDTDI (People Against Violence in the Media Except When it's Against Mimes Because Dammit, They Deserve It) has revealed that the major factions of the entertainment industry - Film, Television, and Dancing Monkeys - have been targeting questionable groups in their extensive advertising campaigns. "Throughout the course of our research, we continually stumbled upon shocking evidence that the entertainment industry, as a whole, has been resorting to morally corrupt practices to further their goals," stated PAVMEWAMBDTDI President Heather Hoofreekawazza. "We discovered that they targeted underage children, the elderly, stray dogs, polar bears, hermaphroditic axe murderers, one-eyed midgets, circus freaks, crack-smoking mailmen, Socially Inept Lobster Men From Mars, a small cat named Shebubu, Short Fat Naked Tibetan Men, and, worst of all, MIMES. The bastards!" When asked for comment, the entertainment industry's primary representative, a small moldy piece of cheese known only as Ted, replied with a loud squealing noise.

Rabid Squirrel Attacks On the Rise

Last year saw a monumental rise in rabid squirrel activity, threatening the livelihood of innocent people all over North America. As the year wound to and end, however, the Great Rabid Squirrel Threat became much more subversive, as our Furred Enemies took to wearing human suits, and began to infiltrate our ranks, dressed as people that you might have thought you knew. According to the Study of Evil Furry Things, the summer was a particularly restful period, though this is gradually changing as October rolls around. The Study has reported that rabid squirrels have once again begun to steal large numbers of cars, as well as calling up people's bosses and insulting them while imitating their employees' voices. "This rise is, of course, quite alarming," stated Dr. Jeff Flarkington, lead Evil Rodent Monitor at the Study of Evil Furry Things. "We had hoped that they had all partied hard over the summer and maybe becoming too drunk to function, but apparently we were wrong. The Threat is still very much a problem, and will apparently become increasingly worse as the months go by. It's really quite terrifying, if you think about it." The various coalitions dedicated to combating this menace are expected to flare up and begin their Anti-Rabid Squirrel Propaganda campaigns over the next few weeks.

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The Pub Will Be
Closed from
Friday, October 6th
to Wednesday,
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Thanksgiving Holiday.

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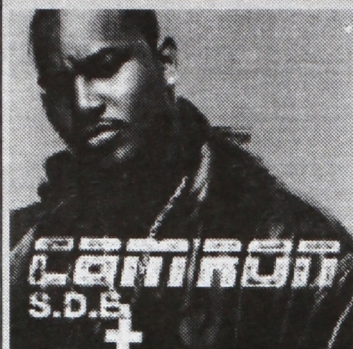


Shyne

by Cobb

Geographically, Shyne is from Brooklyn, the label he comes from is Bad Boy, but the most striking resemblance is contained within his voice. The comparison I'm making to the 19-year-old Shyne is to the infamous Notorious B.I.G. The striking similarities in their voices are uncanny. I've been anticipating the release of his debut CD ever since he burst onto the scene about a year after the cold ending to one of the most prolific rap careers ever. Biggie is missed but the large void is somewhat filled by the slender shadow which is Shyne. Although diminutive in his size, the young up and comer more than makes up for it with the power of his voice.

His first single, *Bad Boyz* featuring the distinct voice of Barrington Levy, has already exploded onto the hip hop charts. It was good to hear a familiar voice when I first popped this disc in, but Shyne does not have the ability that Biggie did. As much as it'll piss off Puff Daddy, I don't think we'll be seeing a replacement for the late great Biggie Smalls anytime soon, but for now, Shyne is a healthy alternative. I'd have to recommend this CD, if not for anything other than reminiscing about old B.I.G. songs.



Cam'ron - S.D.E.

by Cobb

Cam'ron has matured a lot since his debut album. Although, not much as hanged, the key difference between his first album and S.D.E., his sophomore album, is the amount of content. Cam'ron has put together a solid complete disc from start to finish. Like all discs, it has its weaker moments, such as the first single off the album, *What Means The World To You*, which if I was to describe the sample used, I could only say whomever produced this track made a large alternative lifestyle choice. The sample used is the 80's Police hit *Roxanne*, which I love both as a song and one of my favorite drinking games but not as a hip-hop song, take note Wycleff.

Other than this one problem, the rest of the disc kept my head bouncin'. Standouts included *Whatever*, *Let Me Know*, *Sex Drugs Entertainment*, and my favorite track *Do It Again* featuring not only beautiful voices but also the main focus of the last month's worth of dreams of mine, the stunning members of Destiny's Child. I would definitely recommend this album, a good set of beats accompanied by Cam'ron's up and coming voice was a good mixture.



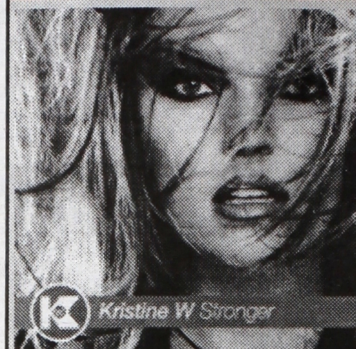
Fuel - Something Like Human

by Mat Thompson

Holy shit this is an amazing album! Truthfully, this has to be one of the best albums I have received for review in a long time! *Something Like Human* by Fuel is a near-perfect album!

If you haven't heard Fuel before, picture a mix of *Bush*, *Live* and *Metallica* with a little 80's classic ballad rock thrown in. That may sound weird, but once you listen, you will understand completely! Their first single, *Hemorrhage (In My Hands)*, is sure to be huge, but the mellow roker *Bad Day* stands out as the best! It is like a mix of *Live* and *Creed*, but better than most things they have ever produced. The album features 12 tracks that range from pure rock to alternative ballad rock without missing a beat.

Heavy, soft or in-between, this band can do it all. Forget Metallica. If they don't want us getting their music, Fuel is there to pick up the pieces and create a new dynasty. *Something Like Human* is in stores now and all I can say is go get the damn thing!!!



Kristine W - Stronger

by Mat Thompson

When I started to listen to the new album by Kristine W, I had a sense of *Deja Vu*. I knew I had heard some of this music before, but where? I thought for a minute or two, then it came to me... this is the type of crap that fills every *Dance Mix*, *Super Club* album that is released every few months with 45 minutes of bands that all sound the exact same!

I received a bio of Kristine W's career, but does it really matter? This girl is going to fade faster than an old pair of jeans, and her style is already worn. The whole album is just your typical pop/dance music with a little disco influence mixed in. There is nothing new and you could probably replace Kristine with any other singer and it wouldn't make a difference at all. *Stronger* is a perfect example of cookie-cutter music.

Stronger is available now, but don't waste your money. If you have just one dance mix album, you probably have better music than this. Avoid this one!



Wild Strawberries - Twist

by Mat Thompson

From what I can recall, this is at least the third *Wild Strawberries* album I have reviewed for Lambda. It amazes me how much better this band gets with every new album! Their sound is still fresh and enjoyable all the way through.

Twist features 12 tracks plus two bonus tracks hidden among a bunch of empty space at the end of the CD. *Wild Strawberries*, just in case you haven't heard them, are a pop/alternative group headed up by the amazing vocals of Roberta Carter Harrison. You may have never heard of her, but after one listen you will agree that she puts Jewel, Alanis and all the other female singers out there today to shame.

The first single, *Wish*, is a great track, but the real standouts have to be the mellow pop track *Somersault* and the hauntingly slow *I Know You're Gonna Break My Heart*. *Heart* will probably become everyone's favorite track immediately. The album also features an updated version of *Tainted Love*.

Twist is available now and, although it's not usually the style I recommend, this album is a must buy!

OOPS, WE'VE DONE IT AGAIN

by Jeremie Brazeau
Contributor

Recently, I had the misfortune to tune into the MTV Video Awards, as per usual, and as has been the case for the past three years, the show completely let me down. It seems like the show that once so proudly featured Pearl Jam rocking out with Neil Young and Ernst Noveselic braining himself with his bass has sadly been corrupted into a crapola-fest polluted by such contrived crap as NSync doing what the *New Kids on the Block* did ten years ago, Britney Spears demonstrating that she is indeed not that innocent, and Fred Durst proving once again that he's the poster child for childhood paintchip consumption.

What the hell happened? I mean, when's our time? Sure, once in a while you'll see some anomaly on the landscape: the hilarious '97 performance of Oasis, U2 in '98 making every other band look bad, and of course Chris Rock. Still, if MTV is a reflection of the dreaded catch phrase, "pop culture," then it is a sad day indeed.

A Prodigy album title sums it up aptly: *"Music for a Tilted Generation."* I remember long ago, in a galaxy far far away, when I was thirteen, and my brother and his friends were all into this "new music" like Pearl Jam, STP, the Pumpkins, Soundgarden, Dinosaur Jr., the

Chili Peppers, et al. The words "Boy Band" were an unpleasant, yet distant, memory after the New Kids were blown away by some little band from Aberdeen. Now? Great albums by STP, the Pumpkins, Counting Crows and Oasis were all ignored this year in favor of pop-like crap such as Britney Spears and NSync. The Pumpkins, once the proud standard bearers for meaningful music, have broken up after one-too-many comparisons to Britney Spears in *Rolling Stone* (who are even bigger sell-outs than Korn could ever HOPE to be). The only band on the landscape holding the torch are the happy-go-lucky Chili Peppers...and I must admit they do an admirable job.

Where's our Nirvana? Our Soundgarden? Our Pearl Jam? More importantly, what the hell is our collective problem? Why do we resist swallowing crap like Britney Spears and NSync? If it isn't obvious that this trite stuff has the shelf life of about three seconds, then something's the matter. Sure, they've been dominating the charts for about two years now, but last I checked, *Dark Side of the Moon* has been on the top 200 since 1973. I'd like to see that bad-excuse-for-a-haircut Justin Timberlake pull THAT off. Hasn't anyone noticed that each and every Backstreet Boys, NSync, and Britney Spears song sounds exactly the same? No, I guess not, we're too busy focusing on how hot they are, on

being mesmerized by their choreography. Come on people, if you want looks, buy a copy of *Vogue*; if you want choreography, I hear *Swan Lake* is pretty good. This is music, not a fashion show.

Everyone is entitled to their opinion, but the fact is that, in two years, the used CD store will be overflowing with copies of *"Millennium"* and *"Oops! I Did it Again"*, which, incidentally, are the two most pretentious album titles of all time. That bothers me, that and the fact that everyone will vehemently deny that they listened to them.

It's time to stop the madness, for the noise to be silenced, for real music with actual meaning to once again grab the spotlight. Next month, two albums will be released that just might accomplish this: the new Radiohead and U2 albums. My personal hope is that they will both usher in a new mainstream from the depths of the underground. But if it's anything like the public reaction to last year's great releases, such as STP's *"4"*, the Pumpkins' *"Machina"*, and Oasis' *"Standing on the Shoulders of Giants"*, they won't sell because Thom Yorke isn't soooo cute, and U2 actually writes their own material. When quality is ignored because of someone's trendy haircut, something's got to give, and I hope it happens sooner or later...and I want it THAT way.

BIG RUDE LAKE

CKLU Radio Restoration

Friday, October 13, 2000

9pm in The Pub DownUnder

CKLU 96.7 FM

Why Does WCW Suck So Bad?

Hugh Panelas
Staff Writer

Just as the title says, I pose the same question to you. Why does WCW suck so bad? If someone out there has an answer, please let me know. Let's review what they have done in the last few weeks.

It all really went down the toilet after their last pay-per-view. See, the higher minds out in Turner land decided it would be smart to let their contract with the Air Canada Center expire. I admit it was probably the best thing for the company, we all know that WCW can't ever sell out. You may think that their crowds are big but in reality they only sell about 3000 tickets and give the rest away right before Nitro. That's how much in demand their product is. Then again, who wouldn't want to see a bunch of no talent, slow-ass, old men running around in spandex tights with all their out of shape fat asses oozing all over the place?

But, realistically, look at their story lines. There was a wedding and it got interrupted. The bride ran off and left the groom standing alone. WCW's main player, Ric Flair, has a court order against him that won't allow him within the arenas. Does it all sound familiar? It should, how about Stephanie and Test's wedding that never took place? And what about Vince having that same restraining order against Stone Cold Steve Austin about 2 years ago? See my point? My favorite is how WCW is finally tapping into the old USA/Canada feud. To bad its also been done about forever ago. I really love how their big shocking twist was when Hacksaw Jim Duggan, an American original, turned his back on the US and is now donning the Canadian colors. Is it just me or am I the only Canadian that is totally disgusted with having the maple leaf across that ugly man's chest?

Oh, and their attempt to cover his ugliness with a hair cut and shave horribly failed. He's still a cross-eyed moron that has absolutely no wrestling talent. Not to mention that he's about 50 pounds overweight. Until WCW gets with the program

and actually puts some thought and talent into their organization, then this will all you will ever hear about from me.

Now, RAW this week was quite entertaining. It's good to see Bad Ass Billy Gunn back on the scene. It's also nice to see that he isn't fat like the Bionic-Boy. I can't wait to see him get back in the ring. Now that the entire WWF roster is healthy and well, it will be interesting to see the head to head ratings between the WWF and WCW. I know that the WWF wins by a lot each and every week but now I think the WCW should really consider folding under. How can they ever compete?

Ok, this is going to take some sucking up on my part but it has to be done. Even though I don't like the fact that Kurt Angle has crossed into HHH's bubble, I must give the guy some respect. He's the best technical wrestler to come along since Curt Hennig and his mic skills are improving daily. I really can't wait to see him kick the Rock's ass and win the WWF title at No Mercy.

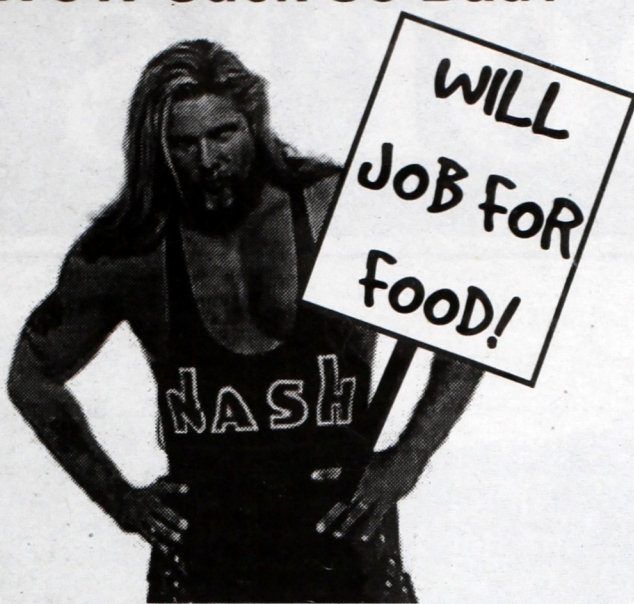
I am also glad that HHH will finally be getting rid of Stephanie. I love her to death but she's cost him too many matches and all of them have been important. It honestly should be HHH going for the gold at the next pay-per-view. I think it's time for the next earth-shattering prediction from yours truly.

I honestly feel that Eddie

Guerrero will be the next to join the RTC. Look at how much our little Latino punching bag over reacted to Chyna's Playboy pictures. Do you think it's a coincidence that they've been having so many matches together lately? As a result of this it will mean Chyna will be searching for a new love. After RAW I am sure that HHH will be sending Stephanie out to the curb and Chyna and him will re-unite. Once that happens the two of them will go out on a rampage and kick the shit out of everyone.

Has anyone wondered why the Undertaker hasn't been around? He pulled his groin once again and will be off of tv for the next little while. It wasn't as bad as the tear that he suffered last year, but it has the WWF worried enough to keep him on the shelf. Word has it that Mark Henry is still turning heads with his recovering. He's recovering from being a fat bastard and should be returning soon. The Big Show has also dropped some weight but still has more to go before Vince will allow him to return. Once those two heavyweights return, who knows what will happen? After all it was the Big Show that was suppose to choke-slam the Undertaker through the mat. Kane was a last minute replacement.

I guess that's all for this week. Remember if you want to reach me either leave a message at Lambda or e-mail me at u_c_huge@hotmail.com. Later all.



Redneck Haiku Corner

BEAUTY

Naked in repose
Silvery silhouette girls
Adorn my mudflaps

DESIRE

Damn, in that tube-top
You make me almost fergit
That you're my cousin

REMORSE

A painful sadness
Cain't fit big screen TV through
Double-wide's front door

HATRED

I curse the rainbow
Emblazoned upon his hood
Goddamn Jeff Gordon

OPTIONS

Unemployment's out.
Hey, maybe I can git on
Disability

OFFERINGS

Tonight we hunger
Grandma sent grocery money
To Robert Tilton

MOTHER AND CHILD

Crusted in boogers,
Stained with Kool-Aid,
baby has face
Only Mama loves

DRAMA

Set the VCR
Dukes of Hazzard Marathon
Starts at 9 O'Clock

BLAZE

Distant siren screams
Dumb-ass Verne's been mowing
with
Gasoline again

DEPRIVED

In WalMart toy aisle
Wailing boy wants rasslin' doll
Mama whups his ass

A NEW MOON

Flashlights pierce darkness
No nightcrawlers to be found
Guess we'll gig some frogs

NO SIGNAL

White noise, buzzing static
Call Earl; the satellite dish
needs new descrambler

IMPOUNDED

Sixty-five dollars
And cyclone fence keeps me from
My El Camino

ALONE

Seeking solitude
Carl's ex-wife Tammy files fer
Restraining order

PRIDE

Grimacing, he displays
The nine hundred beer cans that
Fill his pickup bed

**There will be no LAMBDA for
the week of Oct. 12th.
LAMBDA returns Oct. 19th.**

Sick Joke of the Week

One day mom was cleaning little Johnny's room and in the closet she found a bondage S+M magazine. This was highly upsetting for her. She hid the magazine until his father got home and showed it to him. He looked at it and handed it back to her with out a word. She finally asked him, "Well what should we do about this?" Dad looked at her and said, "Well I don't think you should spank him."

XMAS STUDENT FLIGHTS

Don't wait... Or it will be too late!

Planning on flying home for the holidays?

With the consolidation of airlines in Canada this year, capacity has been reduced, and there are fewer seats. NOW is the time to book your flight back home for the holidays. If you wait until the last minute, you may not get your choice of dates or even a seat!

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The Importance of Being Earnest

David Cameron
Contributor

"Few parents nowadays pay any regard to what their children say to them. The old-fashioned respect for the young is fast dying out." Oscar Wilde from *The Importance of Being Earnest*

Possibly the best piece of work written for the stage by Oscar Wilde has hit Sudbury with a laugh and the *Sudbury Theater Center* has done itself proud. With only an amazing 14 days to prepare for opening night, George Pothitos, the new Artistic Director and the cast and crew pulled off a small miracle. Not only is the dialog difficult to master from an actor's point of view, the comedy takes precise timing. The cast pulled off both with only one or two miscues, but I'm sure this will only become refined as the play continues to please patrons. The set's focus was very powerful throughout except for a couple of props that seemed to be out of place for the period. I did like, in particular, the depth of the set and the cloud/lighting affects in the second and third acts, a job well done.

The cast was well practiced and I sensed a closeness. Mark Ellis,

as Algernon seemed to be a little too annoyingly bouncy at the beginning, but did settle down as the story unfolded. Glyn Thomas put the role of Jack (Earnest) together well. Kristen van Ginhoven (Gwendolen, Jack's bride-to-be) was the only character that wasn't convincing. But the strong performances by Jennifer Gould, playing the lovely Cecily, was well cast and had in my opinion, the strongest performance. Maria Heidler as

Lady Bracknell, who made me think of the mother-in-law I never want, was spirited and convincing. The balance of the supporting cast, Catherine McNally (Prism), David Wood (Lane), Ron Tough (Chasuble) and Paul Zinkie (Merriman) did an excellent job at putting their own touches to the performance. Four out of five stars for this piece of work wouldn't be a stretch. It was a delight to see.

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Lambda Sports



Sports Briefs

Lady Vees Fall to Carleton

The Laurentian Voyageurs Women's Soccer Team took to the field this weekend and they didn't put in their best effort of the season. Coming off a convincing win this past weekend against Nippissing, hopes were high that the women might be able to score their second victory of the season. But, it was clear from the very beginning that it was just not meant to be. The Lady Vees fell 3-0 to the more prepared Carleton team.

As a whole, the team did not play as well as they could and they have learned some important lessons from the loss. They hope, with some work, they will regroup this week when Nippissing pays them a visit.

The Player-of-the-Game for the Lady Vees was Sarah Taylor, who had a very solid game in the midfield.

Lady Vees Fall to Ottawa

This past weekend, the Laurentian Lady Vees Soccer team travelled to Ottawa for a tilt with the Ottawa GeeGees. Despite a good effort, the Ladies fell 3-0. Ottawa, a very skilled, veteran team proved to be a stronger force against the younger Vees.

The Player-of-the-Game for the Vees was the goal keeper, Angelina Rumble. Angelina made some unbelievable saves in net and kept the game close for her teammates.

Laurentian Men's Soccer Ranked Eighth in Canada This Week

The Laurentian Men's Soccer was ranked 8th in the country this week improving upon last week's ranking of 10th. Their second consecutive defeat of the Carleton Ravens on Sunday was fueled once again by CIAU sixth-ranked scorer, Dan Falcioni who improved his season total by two giving him eight goals on the season. Dan, who was last week's CIAU Athlete of the Week continues to spark Laurentian's offensive attack, while defensively, Chris Miles continues to anchor one of the nation's stingiest defenses.

This win marked the third consecutive victory for the voyageurs, who have not lost a game since their season opener against the CIAU number-one-ranked University of Toronto Varsity Blues.

The Voyageur play only one game this weekend, when they will host Nipissing University on Friday October 6, 2000 at 1pm.



The Men's Soccer Vees keep climbing up the national rankings

Laurentian Downs Carleton for the Second Time This Season

This past weekend, the Laurentian Men's Soccer team beat the Carleton Ravens for the second time this season. By scoring the convincing 3-2 victory, the soccer men upped their record to 4-1-1. Eelco Bolhius notched one goal and, by netting another two goals, Dan Falcioni continued his scorching scoring spree bringing his total to a team-leading seven goals on the season.

As a result of his dominant defensive play throughout the entire game, Chris Miles was named the

Player-of-the-Game. Goalkeeper, Steve Spano also has a noteworthy game in the net with some brilliant saves that, arguably, saved the game for the Voyageurs.

The Voyageurs played a very physical game from start to finish, but they were able to keep it in check and avoid any violations. No red or yellow cards were issued to any members of the Voyageur team. It is precisely this type of intense play that has allowed the men's soccer team to be so strong this season.

Voyageur coach, Carlo Castrechino, said that his team "dominated the game from start to finish" and asserted that the Carleton goals were only scored as a result of the few mistakes that the men made during the game. They were costly mistakes, but the strong play of the Voyageur team won out.

All in all, it was another great game for the men who are quickly becoming a force to be reckoned. The men head to North Bay on Friday to take on the Nipissing.

Athletes of the Week



The Female Athlete of the Week for the week of October 1 was Sarah Taylor of the Laurentian Women's Soccer team. Sarah came into both games against Ottawa and Carleton this weekend off the bench and provided a strong line of defence. Despite the losing end result, this 5'6" rookie worked hard and had two very solid games in the backfield. Sarah, from Kincardine, is in her first year at Laurentian studying Human Kinetics.

The Male Athlete of the Week for the week of October 1 was Chris Miles of the Laurentian Men's Soccer team. Chris, a 3-year veteran of the Voyageurs, had a solid weekend in the backfield, thus anchoring the last line of defence for the keeper, Steve Spano, and leading the Voyageurs to a victorious weekend over Carleton. Chris is a team leader on and off the field and has taken over All-Canadian, Steve Wilson's role as the mainstay defenceman. Chris is from Barrie and is in his fourth year at Laurentian studying Human Kinetics.

LAURENTIAN MEN'S SOCCER SCHEDULE 2000 - 2001

SUN, OCT 1, 2000	LAURENTIAN VS CARLETON	1:00 PM	OTTAWA
FRI, OCT 6, 2000	NIPISSING VS LAURENTIAN	1:00 PM	SUDBURY
SAT, OCT 14, 2000	LAURENTIAN VS YORK	1:00 PM	TORONTO
SUN, OCT 15, 2000	LAURENTIAN VS TORONTO	1:00 PM	TORONTO
SAT, OCT 21, 2000	TRENT VS LAURENTIAN	1:00 PM	SUDBURY
SUN, OCT 22, 2000	QUEENS VS LAURENTIAN	1:00 PM	SUDBURY
SAT, OCT 28, 2000	PLAYOFFS	1:00 PM	TBA
SAT, NOV 4, 2000	FINAL	10:00 AM	TBA
SUN, NOV 5, 2000	CHAMPIONSHIPS	2:00 PM	TBA
THU, NOV 9, 2000	CIAU CHAMPIONSHIPS	10:00 AM	HAMILTON
FRI, NOV 10, 2000	CIAU CHAMPIONSHIPS	10:00 AM	HAMILTON
SAT, NOV 11, 2000	CIAU CHAMPIONSHIPS	10:00 AM	HAMILTON
SUN, NOV 12, 2000	CIAU CHAMPIONSHIPS	10:00 AM	HAMILTON

Igali Captures Canada's First Wrestling Gold



Top: Daniel Igali celebrates in the centre of the ring with the Canadian flag. Right: Igali's victory pose.

Photos courtesy of
CBC Sports Online

CBC SPORTS ONLINE

The man they call "Dynamite," Daniel Igali, made history Sunday, winning Canada's first-ever wrestling gold medal by defeating Arsen Gitinov of Russia 7-4 in the 69-kilogram class. Daniel Igali kisses the flag of his adopted country after winning gold. Celebrating after the match, Igali raised the Canadian flag high over his head then placed it on the mat, ran two circles around it and kissed it in a homage to his adopted country.

"It's been six years (since I came to Canada)," Igali explained to CBC after winning the gold. "I wanted to show that I've come full circle from what I wanted to be. And now I'm where I want to be. That's what it symbolizes."

The road to the final was treacherous for Igali, as he won three

straight matches in overtime. His ability to deal with pressure was tested to the max today, but his quickness and strength were there when he needed them most. Throughout his matches, Igali won through excellent defense, stubbornly refusing to be flipped or taken down, and his unparalleled counterattacks.

"I came in expecting to well. If there was any pressure it was the pressure on myself to do well. I came in ready to do the job but I knew that there were lots of guys in the weight class, if I wrestled badly, I would lose. But I'm really glad I pulled it out," he said.

Igali, originally from Nigeria, first came to Canada as a wrestler competing at the 1994 Commonwealth Games in Victoria and defected to Canada during those Games, claiming refugee status. Asked how

it felt to win the gold medal for Canada, he replied, "Awesome. I couldn't have done it for another country."

He wore his emotion on his face during the medal ceremony, as he sang "Oh Canada" with his eyes moistening.

"Tonight there were like a million thoughts going through my mind," said Igali. "It was about a full circle of coming here six years ago not even knowing what a dishwasher was. I was just playing all these things over in my mind. It would take a 200-300 page novel to write what I was thinking. It was pretty emotional."

"This has been my life's dream. It's finally come true tonight."

In the bronze-medal match in the 69 kg class, Lincoln McIlravy of the U.S., whom Igali defeated in the semi-finals, won the bronze.

Canadian Simon Whitfield Wins Triathlon Gold

CBC SPORTS ONLINE

It was a tight race to the finish, but Canada's Simon Whitfield sprinted from second to gold to win Canada's first medal of the 2000 Olympics in the men's triathlon Saturday evening. A sudden sprint in the last couple of hundred metres sent Whitfield sailing past Germany's Stephan Vuckovic and into the lead. Whitfield's remarkable final burst of energy gave him an commanding lead and carried him to gold.

"Unbelievable. I dreamed of this my entire life, I've dreamed about winning a gold medal and it happened today. I can't tell you how proud I am to be Canadian," Whitfield told CBC in a post-race interview.

The 10-kilometre run, the final portion of the race, was as thrilling and tension-packed as anyone could have hoped, as several athletes jockeyed for position. Whitfield went from third to fourth, back to third and then to second before blowing past Vuckovic into first. Vuckovic held on for the silver and Jan Rehula from the Czech Republic finished third.

"Vuckovic had an unbelievable run and so did Rehula. They pushed me the whole way," said Whitfield. "I just held him [Vuckovic] within sight and I knew I was getting some ground back...I just sprinted downhill and it was all about who wanted it from there."

The victory is all the sweeter because Whitfield narrowly escaped a disaster on the cycling course. He crashed into an American, but got his bike out and kept himself focused on a medal. It was frighteningly close to a repeat of the harrowing experience in Saturday's women's triathlon,

when Carol Montgomery saw her medal hopes vanish after a crash put her out of the race.

Whitfield, a bronze medallist at the 1999 Pan Am Games, came to the Olympics ranked 21st in the world. Whitfield spent six months in Australia training prior to the Olympics to improve his chances, but Whitfield was still far from a medal-favourite going into the Games.

When asked about his chances before the race, Whitfield said "They're good, they're better than people give me credit for." It seems the experts apparently underestimated his chances.

The triathlon medal favourites faded well before the finish. American Craig Walton, who dominated the swimming leg and held a lead into the cycling leg, dropped well back early on in the running component. France's Olivier Marceau, the current world champion, was the frontrunner for most of the 10 kilometres, but ran out of steam and also fell behind. Conrad Stoltz also challenged for first, but paid the price for going all out during the cycling course. He, too, fell out of contention.

Canadians in the crowd waved and cheered Whitfield on to his win and cheered wildly again at the medal ceremony.

"I had one of those races," Whitfield said. "I was in that zone the whole way, it felt so good. I can't believe how good I felt."

Whitfield appeared overcome with emotion at the reception for his unexpected victory in front of the Australian fans, who are perhaps the most fervent and knowledgeable triathlon fans in the world.

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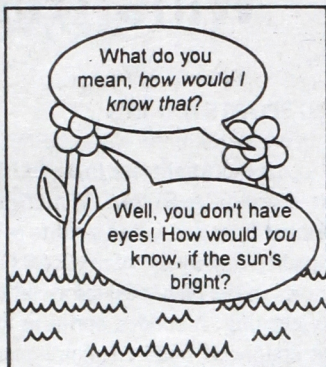
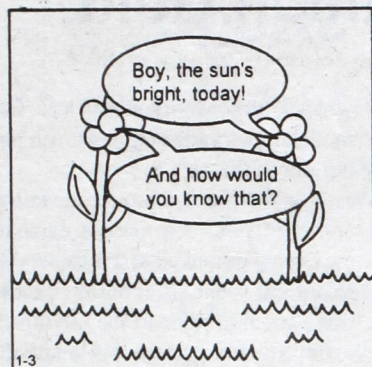
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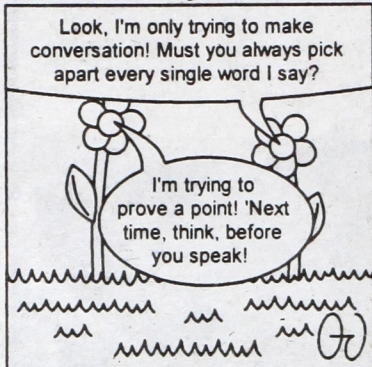
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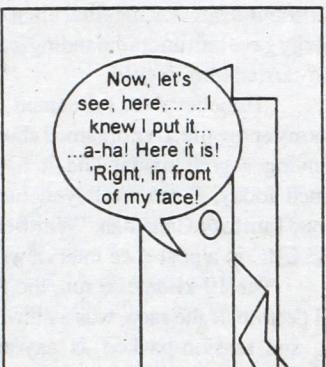
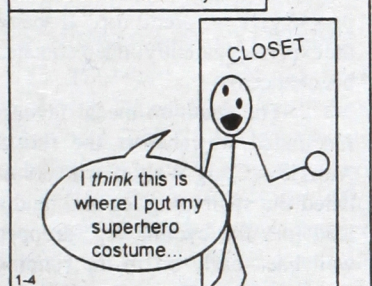


Written by Gabriel Noël

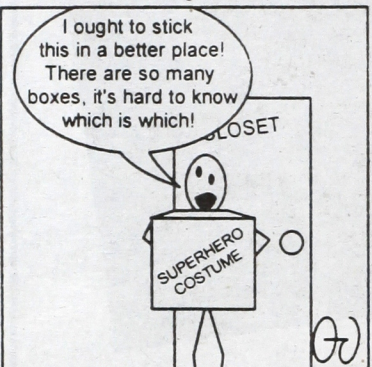


ECONOMY MAN®

With Cardboard Cutout Lizard posing as a threat to the people of VarCity, Mot doesn't waste any time.



Written by Gabriel Noël

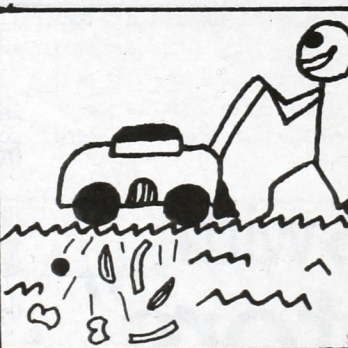
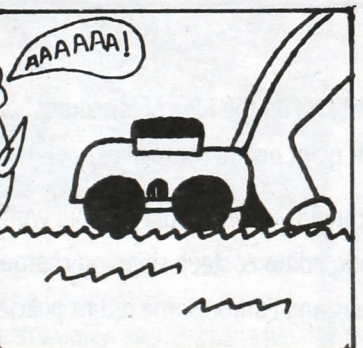
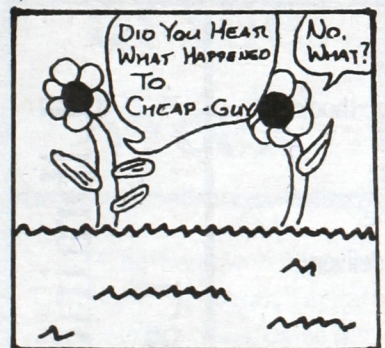
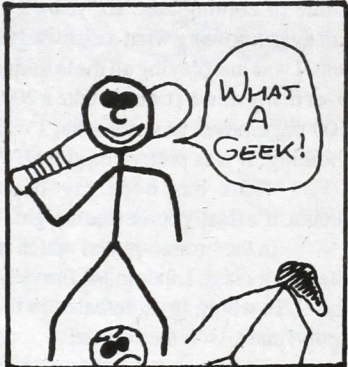
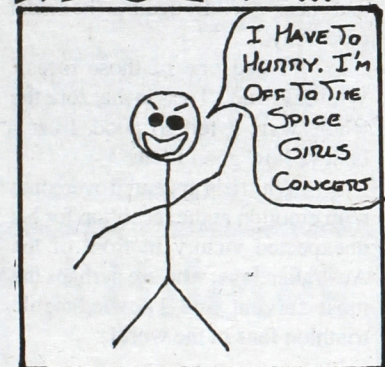


WHAT DOGS DO TO AMUSE THEMSELVES WHEN NO ONE ELSE IS AROUND!

Dear Lambda Readers...

Over the past few weeks I have picked up Lambda as I normally do every week. The last few weeks however, I have noticed that there have been a few new comics that were not there last year and I must say that I do not enjoy them! I am not the only person who thinks this way; my friends also agree. We are all hoping that before it goes on, these comics be banned from Lambda forever. After careful consideration I have deduced a plan to be rid of the evil stickman and the whining weeds. We have no qualms with the Pub Guy because he is funny and well thought up... but the sticks and pansies must go. So, for one time only, I present to the readers of Lambda...

RAGE VS...



SGA
AGE

students' general association
association générale des étudiant(e)s

Non perishable
food items
appreciated

COFFEE HOUSE
Salon de café
THURS., OCT.12 from 2-4pm
in the SGA Common's Room
Relax with friends and have a cup of java!
jeudi, le 12 octobre 14h00 à 16h00
à la salle des étudiants(foyer du Grand Salon)
Venez prendre un café avec vos amis!

GET YOUR LUNCH DOWNUNDER!

Lunch Is Available in The Pub DownUnder
Monday to Friday from 11:30 to 1:30



Hot, Sliced Meat
Sandwiches

Stir Fry

- Chicken, Shrimp, Italian Sausage
or Vegetarian

Grab n' Go

Lunch Made Fresh Right Before Your Eyes!
Forget the Great Hall Line-Ups... Go DownUnder!

